



TERM 1	TERM 2	TERM 3	TERM 4
PRACTICAL	PRACTICAL	PRACTICAL	PRACTICAL
<p><b>Skill Based Activities</b></p> <ol style="list-style-type: none"> <li>1. Kicking + Long Ball</li> <li>2. Passing + Bench Ball</li> <li>3. Throwing+ Catching +Newcombe</li> </ol> <p style="text-align: right;"><i>3 weeks (SHARE)</i></p> <p><b>Athletics</b></p> <p>Mix of Jump, Throw &amp; Track events and Technique each lesson.</p> <ol style="list-style-type: none"> <li>1. Shot put, Long Jump &amp; 800m trial.</li> <li>2. Javelin, Discus &amp; Relay</li> <li>3. High Jump, Triple Jump &amp; Sprint.</li> </ol> <p style="text-align: right;"><i>3 weeks (Out)</i></p> <p><b>Team Building / Outdoor Recreation</b></p> <ol style="list-style-type: none"> <li>1. Team Challenge</li> <li>2. Modified Orienteering</li> <li>3. Bushwalking, Camping Simulation</li> </ol> <p style="text-align: right;"><i>3 weeks (OUT)</i></p>	<p><b>Fitness</b> Testing &amp; Analysis</p> <ol style="list-style-type: none"> <li>1. Testing</li> <li>2. Testing.</li> <li>3. Beep Test</li> </ol> <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <p><b>Cross Country</b></p> <ul style="list-style-type: none"> <li>• Warm Up and time 3km run/walk</li> </ul> <p style="text-align: center;"><b>Before week 4</b></p> <p><u>(or use as a warm up over 3-4 weeks to improve fitness and introduce a range of activities for endurance)</u></p> <p style="text-align: right;"><i>1 weeks (OUT)</i></p> <p><b>Volleyball</b></p> <ol style="list-style-type: none"> <li>1. Dig and gameplay.</li> <li>2. Setting &amp; rules.</li> <li>3. Serving</li> <li>4. Round Robin.</li> </ol> <p style="text-align: right;"><i>4 weeks (OUT)</i></p>	<p><b>Movement Routines</b></p> <ul style="list-style-type: none"> <li>• Dance, beam or ball routine/ sequence.</li> </ul> <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <p><b>Basketball</b> Kicking</p> <ol style="list-style-type: none"> <li>1. Dribbling and Passing Skills</li> <li>2. Shooting.</li> <li>3. Sideline Basketball.</li> <li>4. Round Robin</li> </ol> <p style="text-align: right;"><i>3 weeks (OUT)</i></p> <p><b>Hockey</b></p> <ol style="list-style-type: none"> <li>1. Dribbling and Passing</li> <li>2. Defending and Tackling</li> <li>3. Gameplay</li> </ol> <p style="text-align: right;"><i>3 weeks (OUT)</i></p>	<p><b>Soccer –</b></p> <ol style="list-style-type: none"> <li>1. Trapping and Passing, dribbling</li> <li>2. Minor Games – Soccer, Rules</li> <li>3. Gameplay</li> </ol> <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <p><b>T-Ball/Softball.</b></p> <ol style="list-style-type: none"> <li>1. Throwing &amp; Catching</li> <li>2. Hitting &amp; running – Rules</li> <li>3. Minor Games (Continuous Softball, 1 base running etc)</li> </ol> <p style="text-align: right;"><i>3 weeks (OUT)</i></p> <p><b>Bat Tennis</b></p> <ol style="list-style-type: none"> <li>1. Doubles, rules, serving etc.</li> <li>2. Challenge Ladder</li> </ol> <p style="text-align: right;"><i>2 weeks (OUT)</i></p> <hr/> <p><b>+ 2 weeks Headstart for Year 8</b></p> <p><b>Netball</b></p> <p><b>See Year 8 Scope and Sequence.</b></p>

<b>THEORY</b> <b>Movement and Physical Activity</b>	<b>THEORY</b> <b>Movement and Physical Activity</b>	<b>THEORY</b> <b>Health Knowledge and Promotion</b>	<b>THEORY</b> <b>Health Knowledge and Promotion</b>
<b>Participation in Physical Activity</b> <ul style="list-style-type: none"> <li>• <b>Motivation</b></li> <li>• <b>Benefits</b></li> </ul> <b>Water Safety</b>	<b>Fitness Analysis</b> <b>Movement Analysis</b>  <i>9 weeks</i>	<b>Nutrition</b> <b>Access to Health Information</b>  <i>9 weeks</i>	<b>Harm Minimisation</b> <b>Dealing with Change</b> <hr/> <b>2 weeks Headstart for Year 8</b> <b>Adolescent Changes</b> <hr/> <b>See Year 8 Scope and Sequence.</b>