

**Pakenham Secondary College**

**Scope and Sequence Chart**

**Subject Area: Health/PE**

**Year Level: 8 3 periods per week (1 Practical, 1 Sport Practical, 1 Theory)**



TERM 1	TERM 2	TERM 3	TERM 4
<b>Movement and Physical Activity</b>	<b>Movement and Physical Activity</b>	<b>Movement and Physical Activity</b>	<b>Movement and Physical Activity</b>
<p><b>Skill Based Activities</b></p> <ol style="list-style-type: none"> <li>Catching &amp; Throwing</li> <li>Kicking &amp; Game Play</li> <li>Racquet Skills</li> </ol> <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <p><b>Volleyball</b></p> <ol style="list-style-type: none"> <li>Dig, set, &amp; serve technique + modified game.</li> <li>3 hit priority and spiking + modified game.</li> <li>Combining skills + Beach volleyball style completion.</li> <li>Game warm up and full court game.</li> </ol> <p style="text-align: right;"><i>3 weeks (GYM)</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>Shot put, Long Jump &amp; 800m trial.</li> <li>Javelin, Discus &amp; Relay</li> <li>High Jump, Triple Jump &amp; Sprint.</li> </ol> <p style="text-align: right;"><i>3 weeks (Out)</i></p>	<p><b>Badminton</b></p> <ol style="list-style-type: none"> <li>Hitting and serving. + ½ court singles with scoring.</li> <li>Smashing, drop shots + ½ court singles challenge ladder.</li> <li>Doubles play and strategies.</li> <li>Doubles competition (tournament draw with 1<sup>st</sup> round losers event)</li> </ol> <p style="text-align: right;"><i>4 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><b>Before week 4</b></p> <p style="text-align: right;"><i>1 weeks (OUT)</i></p> <p><b>Netball</b></p> <ol style="list-style-type: none"> <li>Passing (chest, lob, bounce), stepping &amp; defending + modified game.</li> <li>Positional tactics &amp; rules + modified game.</li> <li>Shooting techniques + game with rotating positions</li> <li>3 team round robin.</li> </ol> <p style="text-align: right;"><i>4 weeks(OUT)</i></p>	<p><b>AFL (tackle free)</b></p> <ol style="list-style-type: none"> <li>Kicking and Marking with modified game (4 steps or zones)</li> <li>Handball &amp; bouncing + modified game (Human goals and substitute)</li> <li>Training drills + modified game.</li> <li>Game play on larger playing area.</li> </ol> <p style="text-align: right;"><i>4 weeks (OUT)</i></p> <p><b>Indoor Hockey</b></p> <ol style="list-style-type: none"> <li>Safe use of stick and hitting techniques and rules + modified game.</li> <li>Gameplay 3 team round robin.</li> </ol> <p style="text-align: right;"><i>2 weeks (GYM)</i></p> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>Throwing &amp; Catching and dribbling. +1/2 court games</li> <li>Shooting, layups and rules. 3 team round robin or sideline basketball.</li> </ul> <p style="text-align: right;"><i>2 weeks (GYM)</i></p>	<p><b>Softball/Baseball</b></p> <ol style="list-style-type: none"> <li>Throwing and catching &amp; glove use (ground balls and fly balls), rules for getting batters out. Modified game – Fungo hitting.</li> <li>Batting drills into a net or fence, bunting drills + modified batting game.</li> <li>Pitching and catching. Self-pitch game (own team pitches to batter)</li> <li>Warm up and game play.</li> </ol> <p style="text-align: right;"><i>4 weeks (OUT)</i></p> <p><b>Indoor Soccer</b></p> <ol style="list-style-type: none"> <li>Soccer minor games (block soccer, bench soccer)</li> <li>Training drills for passing ad goal scoring + modified game (no goal keepers)</li> <li>4 team round robin (students umpiring and scoring)</li> </ol> <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;"><b>+ 2 weeks Headstart for Year 9</b></p> <p style="text-align: center;"><b>Basketball (See Year 9 Scope and Sequence)</b></p> </div>

<b>SPORT</b>			
Cricket Volleyball Softball European Handball	Netball Soccer AFL Badminton	Cricket Volleyball Softball European Handball	
Students develop skills and gameplay strategies during practise activities and modified game play. All sports follow the SEPEP model. (Sport Education in Physical Education Program)			
<b>Health Knowledge and Promotion</b>	<b>Movement and Physical Activity</b>	<b>Movement and Physical Activity</b>	<b>Health Knowledge and Promotion</b>
<b>Changes and challenges</b> <ul style="list-style-type: none"> <li>• Adolescent and change</li> <li>• Types of change in adolescents</li> <li>• Managing the changes associated with puberty</li> <li>• Emotional and social changes</li> <li>• Personal Identity</li> <li>• Interpersonal connections</li> <li>• Forming Values</li> <li>• Changing relationships</li> <li>• Preparing for change</li> <li>• Seeking Help</li> </ul> <p style="text-align: right;"><i>9 weeks</i></p>	<b>Biomechanics</b> <ul style="list-style-type: none"> <li>• Movement Skills</li> <li>• Movement Sequences</li> <li>• Movement Principles</li> <li>• Personal Factors and movement skills.</li> </ul> <p style="text-align: right;"><i>8 weeks</i></p>	<b>Game Play &amp; Team Work</b> <ul style="list-style-type: none"> <li>• Strategic Thinking</li> <li>• Team Work</li> <li>• Fair Play</li> <li>• Performance Roles and Responsibilities</li> </ul> <p style="text-align: right;"><i>8 week</i></p>	<b>Minimising Harm</b> <ul style="list-style-type: none"> <li>• Understanding health information</li> <li>• Health agencies</li> <li>• Sources of health advice</li> <li>• Influences on our wellbeing</li> <li>• Focus on road safety</li> <li>• Exploring risk</li> <li>• Strategies to minimise risk</li> <li>• Focus on drugs</li> <li>• Focus on bullying</li> <li>• Focus on sexual health</li> </ul> <p style="text-align: right;"><i>8 weeks</i></p>