



CANBERRA HIGH SCHOOL - Learning overview for Semester 1, 2021

Subject: Year 7 SHAPE

This semester students in SHAPE will cover 1 Health unit, Fitness, Athletics and 2 Sporting Skills topics

Topics of Learning explanations

- Striking 1 -
This topic covers: Context of the game of Volleyball; Body position; Basic serving, passing and spiking techniques.
- Throw and Catch -
This topic covers: Context of the game of Sofcrosse (or Touch football, Cricket or TBall); Body position; Basic passing and catching; Passing and catching in game situations
- Healthy Lifestyles -
This topic covers: Fitness components and goal setting; definitions of health and healthy lifestyles; Dimensions of health; Focus study on screen time and its impact on health
- Athletics -
This topic covers: Safety, skill development and technique with each of the common track and field events
- Fitness -
This topic covers: Participation in baseline fitness tests to measure a variety of their fitness levels at the beginning of the year. Students will learn to set goals based on the data and work towards improving their fitness throughout the year.

Weekly overviews for each SHAPE class in year 7 follow this page - classes are organised in terms of the lines taught.



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Line C	7 Dzubinski	7 CroweBeveridge
Week	Term 1	Term 1
1	Fitness Testing	Fitness Testing
2	High Jump	High Jump
3	Fitness Testing	Fitness Testing
4	Athletics	Athletics
5	Athletics	Athletics
6	Athletics	Athletics
7	Striking 1 Volleyball	Healthy Lifestyles
8	Striking 1 Volleyball	Healthy Lifestyles
9	Striking 1 Volleyball	Healthy Lifestyles
	Term 2	Term 2
10	Striking 1 Volleyball	Healthy Lifestyles
11	Healthy Lifestyles	Striking 1 Volleyball
12	Healthy Lifestyles	Striking 1 Volleyball
13	Healthy Lifestyles	Striking 1 Volleyball
14	Healthy Lifestyles	Striking 1 Volleyball
15	Throw & Catch	Throw & Catch
16	Throw & Catch	Throw & Catch
17	Throw & Catch	Throw & Catch



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Line D	7 Lambert	7 Crowe	7 Negline
Week	Term 1	Term 1	Term 1
1	Fitness Testing	Fitness Testing	Fitness Testing
2	High Jump	High Jump	High Jump
3	Fitness Testing	Fitness Testing	Fitness Testing
4	Athletics	Athletics	Athletics
5	Athletics	Athletics	Athletics
6	Athletics	Athletics	Athletics
7	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball
8	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball
9	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball
	Term 2	Term 2	Term 2
10	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball
11	Striking 1 Volleyball	Throw & Catch	Healthy Lifestyles
12	Striking 1 Volleyball	Throw & Catch	Healthy Lifestyles
13	Striking 1 Volleyball	Throw & Catch	Healthy Lifestyles
14	Striking 1 Volleyball	Throw & Catch	Healthy Lifestyles



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15	Throw & Catch	Striking 1 Volleyball	Throw & Catch
16	Throw & Catch	Striking 1 Volleyball	Throw & Catch
17	Throw & Catch	Striking 1 Volleyball	Throw & Catch
18			

Line F	7 Dziubinski	7 Betts	7 Iemma	7 Maloney
Week	Term 1	Term 1	Term 1	Term 1
1	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing
2	High Jump	High Jump	High Jump	High Jump
3	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing
4	Athletics	Athletics	Athletics	Athletics
5	Athletics	Athletics	Athletics	Athletics
6	Athletics	Athletics	Athletics	Athletics
7	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball	Striking 1 Volleyball
8	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball	Striking 1 Volleyball
9	Healthy Lifestyles	Healthy Lifestyles	Striking 1 Volleyball	Striking 1 Volleyball
	Term 2	Term 2	Term 2	Term 2
10	Throw & Catch	Throw & Catch	Striking 1 Volleyball	Striking 1 Volleyball
11	Throw & Catch	Throw & Catch	Striking 1 Volleyball	Striking 1 Volleyball
12	Striking 1 Volleyball	Striking 1 Volleyball	Healthy Lifestyles	Healthy Lifestyles



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13	Striking 1 Volleyball	Striking 1 Volleyball	Healthy Lifestyles	Healthy Lifestyles
14	Striking 1 Volleyball	Striking 1 Volleyball	Healthy Lifestyles	Healthy Lifestyles
15	Striking 1 Volleyball	Striking 1 Volleyball	Throw & Catch	Throw & Catch
16	Striking 1 Volleyball	Striking 1 Volleyball	Throw & Catch	Throw & Catch
17				
18				