



CANBERRA HIGH SCHOOL - 8 SHAPE overview for Semester 1, 2021

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

Topics of Learning explanations

- Fitness - Students will participate 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.
- Athletics -
This topic covers: Safety, skill development and technique with each of the common track and field events
- Nutrition -
This topic covers: Components of the Australian Healthy Eating Guide; Analysis of “That Sugar Film”
- First Aid -
This topic covers: Definition of first Aid; CPR: treatment of issues to do with Breathing, Bleeding, Breaks, Sprains and Strains.
- Volleyball
This topic covers: Context of the game of Volleyball; Body position; Basic serving, passing and spiking techniques; game situation
- Oztag -
This Topic covers: Context of the game of Oztag; Body position; Basic passing and catching; Defensive strategy; Offensive Strategy; Game situations
- Modified Games -
This topic covers: Students will take part in lead up activities and games which allow for students to have some fun and navigate the dynamics of their class.
- Bikes
This topic is planned around the availability of hiring bikes for the specified period of time. Students will engage in basic safety and skills with some local excursions planned once these criteria have been satisfied.



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Line A	8 Betts	8 Beasley	8 Mikk	8 Lambert	8 Smith
Week	Term 1	Term 1	Term 1	Term 1	Term 1
1	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing
2	Fitness Testing/Athletics	Fitness Testing/Athletics	Fitness Testing/Athletics	Fitness Testing/Athletics	Fitness Testing/Athletics
3	Athletics	Athletics	Athletics	Athletics	Athletics
4	Athletics	Athletics	Athletics	Athletics	Athletics
5	High Jump	High Jump	High Jump	High Jump	High Jump
6	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
7	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
8	BIKES	BIKES	BIKES	Nutrition	Nutrition
9	BIKES	BIKES	BIKES	Volleyball	Volleyball
	Term 2	Term 2	Term 2	Term 2	Term 2
10	First Aid	First Aid	First Aid	Volleyball	Volleyball
11	First Aid	First Aid	First Aid	Volleyball	Volleyball
12	First Aid	First Aid	First Aid	Volleyball	Volleyball
13	First Aid	First Aid	First Aid	First Aid	First Aid
14	Volleyball	Volleyball	Volleyball	First Aid	First Aid
15	Volleyball	Volleyball	Volleyball	First Aid	First Aid
16	Volleyball	Volleyball	Volleyball	First Aid	First Aid
17	Modified Games	Modified Games	Modified Games	Modified Games	Modified Games
18	Modified Games	Modified Games	Modified Games	Modified Games	Modified Games
19	Modified Games	Modified Games	Modified Games	Modified Games	Modified Games



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Line G	8 Betts	8 Mikk	8 Negline	8 Lambert
Week	Term 1	Term 1	Term 1	Term 1
1	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing
2	Fitness Testing/Athletics	Fitness Testing/Athletics	Fitness Testing/Athletics	Fitness Testing/Athletics
3	Athletics	Athletics	Athletics	Athletics
4	Athletics	Athletics	Athletics	Athletics
5	High Jump	High Jump	High Jump	High Jump
6	Nutrition/Athletics	Nutrition/Athletics	Nutrition/Athletics	Nutrition/Athletics
7	Nutrition	Nutrition	Nutrition	Nutrition
8	BIKES	BIKES	Oztag	Oztag
9	BIKES	BIKES	Oztag	Oztag
	Term 2	Term 2	Term 2	Term 2
10	Volleyball	Volleyball	First Aid	First Aid
11	Volleyball	Volleyball	First Aid	First Aid
12	Volleyball	Volleyball	First Aid	First Aid
13	Volleyball	Volleyball	First Aid	First Aid
14	First Aid	First Aid	Volleyball	Volleyball
15	First Aid	First Aid	Volleyball	Volleyball
16	First Aid	First Aid	Volleyball	Volleyball
17	Modified Games	Modified Games	Modified Games	Modified Games
18	Modified Games	Modified Games	Modified Games	Modified Games
19	Modified Games	Modified Games	Modified Games	Modified Games



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