



CANBERRA HIGH SCHOOL - Learning overview for Semester 1, 2021

Subject: Year 9 SHAPE

This term students in SHAPE will cover 2 Health units, Fitness, and at least 2 x Sport Education units.

Topics of Learning explanations

- Sport Education -
This topic covers: The administrative process of running sporting competitions from nominating and voting on competitions and rules through to organising equipment and umpiring and refereeing. Students are also expected to participate in each of the competitions with their teams in a cohesive manner.
- Party Safe -
This topic covers: risks and risk taking behaviour associated with adolescents; Alcohol and the law; and the pros and cons of pill testing at music festivals.
- Mental Health -
This topic covers: The benefits of mindfulness; Definitions of mental health; strategies to increase levels of happiness
- High Jump and Athletics -
This topic covers: Revision and practice of skills for Track and Field events
- Fitness Testing and fitness-
This topic covers: Students will participate in baseline fitness tests to measure a variety of their fitness levels at the beginning of the year. They will work towards improving their fitness throughout the semester based on goals they work on from this data.

Weekly overviews for each SHAPE class in year 9 follow this page - classes are organised in terms of the lines taught.



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Line C	9 Smith	9 Beasley	9 Betts
Week	Term 1	Term 1	Term 1
1	High Jump and Athletics	High Jump and Athletics	High Jump and Athletics
2	Fitness Testing	Fitness Testing	Fitness Testing
3	Sport Ed	Sport Ed	Sport Ed
4	Sport Ed	Sport Ed	Sport Ed
5	Sport Ed	Sport Ed	Sport Ed
6	Sport Ed	Sport Ed	Sport Ed
7	Party Safe	Party Safe	Party Safe
8	Party Safe	Party Safe	Party Safe
9	Party Safe	Party Safe	Party Safe
Week	Term 2	Term 2	Term 2
10	Party Safe	Party Safe	Party Safe
11	Sport Ed	Sport Ed	Sport Ed
12	Sport Ed	Sport Ed	Sport Ed
13	Sport Ed	Sport Ed	Sport Ed
14	Mental Health	Mental Health	Mental Health
15	Mental Health	Mental Health	Mental Health
16	Mental Health	Mental Health	Mental Health
17	Sport Ed	Sport Ed	Sport Ed
18	Sport Ed	Sport Ed	Sport Ed
19	Sport Ed	Sport Ed	Sport Ed



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Line F	9 Smith	9 Negline
Week	Term 1	Term 1
1	Fitness Testing	Fitness Testing
2	Fitness Testing	Fitness Testing
3	Sport Ed	Sport Ed
4	Sport Ed	Sport Ed
5	Sport Ed	Sport Ed
6	Sport Ed	Sport Ed
7	Mental Health	Mental Health
8	Mental Health	Mental Health
9	Mental Health	Mental Health
	Term 2	Term 2
10	Sport Ed	Sport Ed
11	Sport Ed	Sport Ed
12	Sport Ed	Sport Ed
13	Party Safe	Party Safe
14	Party Safe	Party Safe
15	Party Safe	Party Safe
16	Party Safe	Party Safe
17	Sport Ed	Sport Ed
18	Sport Ed	Sport Ed
19		



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