



CANBERRA HIGH SCHOOL - 10 SHAPE overview for Semester 1, 2021

This semester students in SHAPE will cover 1 Health, 1 Fitness and 3 Sports topics

Topics of Learning explanations

- Sports - Students will nominate team sports at the beginning of term. Most sports will be on at least a 3 week cycle. Green boxes highlight times when the class has time in the gym. 'Bikes' is a unit of work that has been 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.
- Fitness -
This topic covers: Baseline fitness tests to measure a variety of their fitness levels at the beginning of the year. Goal setting. Planning and working towards improving fitness
- Sexuality and Relationships -
This topic covers: Gender, Sexuality, Relationships, Consent and Contraception
- Indigenous Games - Students will take part in a variety of indigenous sports as a part of a dedicated week of cultural immersion in SHAPE
- Modified Games - 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.

Weekly overviews for each SHAPE class in year 10 follow this page - classes are organised in terms of the lines taught



CANBERRA HIGH SCHOOL - 10 SHAPE overview for Semester 1, 2021

This semester students in SHAPE will cover 1 Health, 1 Fitness and 3 Sports topics

Line A	10 Negline	10 Maloney	10 Iemma
Week	Term 1	Term 1	Term 1
1	Modified Games	Modified Games	Modified Games
2			T Ball
3			T Ball
4			T Ball
5			
6			
7			
8			
9	Indigenous Games	Indigenous Games	Indigenous Games
	Term 2	Term 2	Term 2
10	Sexuality and Relationships	Sexuality and Relationships	Sexuality and Relationships
11	Sexuality and Relationships	Sexuality and Relationships	Sexuality and Relationships
12	Sexuality and Relationships	Sexuality and Relationships	Sexuality and Relationships
13			
14			
15			
16			
17			
18			
19			



CANBERRA HIGH SCHOOL - 10 SHAPE overview for Semester 1, 2021

This semester students in SHAPE will cover 1 Health, 1 Fitness and 3 Sports topics

Line G	10 lemma
Week	Term 1
1	
2	
3	
4	
5	
6	
7	
8	
9	
	Term 2
10	Sexuality and Reltnshps
11	Sexuality and Reltnshps
12	Sexuality and Reltnshps
13	
14	
15	
16	
17	
18	
19	