



CANBERRA HIGH SCHOOL - 7 SHAPE overview for Semester 1, 2022

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 D	7 Betts	7 Maloney	7 Mikk	7 Evans
Week				
1	Minor Games and introduction to fitness			Minor Games an
2	Minor Games and introduction to fitness			Minor Games a
3	Kicking 1	Throwing 1	Accuracy	Kicking 2
4	Kicking 1	Throwing 1	Accuracy	Kicking 2
5	Kicking 1	Throwing 1	Accuracy	Kicking 2
6	Striking 1	Accuracy	Kicking 1	Throwing 2
7	Striking 1	Accuracy	Kicking 1	Throwing 2
8	Striking 1	Accuracy	Healthy Lifestyles	Healthy Lifestyles
9	Throwing 1	Striking 1	Healthy Lifestyles	Healthy Lifestyles
10	Throwing 1	Striking 1	Healthy Lifestyles	Healthy Lifestyles
Term 2	Term 2	Term 2	Term 2	Term 2
1	Throwing 1	Striking 1	Kicking 1	Throwing 2
2	Throwing 1	Minor Games	Striking 1	Accuracy
3	Healthy Lifestyles	Healthy Lifestyles	Striking 1	Accuracy
4	Healthy Lifestyles	Healthy Lifestyles	Striking 1	Accuracy
5	Healthy Lifestyles	Healthy Lifestyles	Throwing 1	Striking 1
6	Accuracy	Kicking 1	Throwing 1	Striking 1
7	Accuracy	Kicking 1	Throwing 1	Striking 1



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8	Accuracy	Kicking 1	Throwing 1	Minor games
9	Accuracy	Kicking 1	Minor Games	Minor games
10	Indigenous Sports	Indigenous Sports	Indigenous Sports	Indigenous Sports

Line F	7 Betts	7 Maloney	7 Gooch	7 Gaskin	7 Evans
Week	Term 1	Term 1	Term 1	Term 1	Term 1
1	Minor Games and introduction to fitness			Minor Games and introduction to fitness	
2	Minor Games and introduction to fitness			Minor Games and introduction to fitness	
3	Kicking 1	Throwing 1	Accuracy	Kicking 2	Throwing 2
4	Kicking 1	Throwing 1	Accuracy	Kicking 2	Throwing 2
5	Kicking 1	Throwing 1	Accuracy	Kicking 2	Throwing 2
6	Striking 1	Accuracy	Kicking 1	Throwing 2	Accuracy
7	Striking 1	Accuracy	Kicking 1	Throwing 2	Accuracy
8	Striking 1	Accuracy	Healthy Lifestyles	Healthy Lifestyles	Healthy Lifestyles
9	Throwing 1	Striking 1	Healthy Lifestyles	Healthy Lifestyles	Healthy Lifestyles
10	Throwing 1	Striking 1	Healthy Lifestyles	Healthy Lifestyles	Healthy Lifestyles
Term 2	Term 2	Term 2	Term 2	Term 2	Term 2
1	Throwing 1	Striking 1	Kicking 1	Throwing 2	Accuracy
2	Throwing 1	Minor Games	Striking 1	Accuracy	Accuracy
3	Healthy Lifestyles	Healthy Lifestyles	Striking 1	Accuracy	Kicking 2



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4	Healthy Lifestyles	Healthy Lifestyles	Striking 1	Accuracy	Kicking 2
5	Healthy Lifestyles	Healthy Lifestyles	Throwing 1	Striking 1	Kicking 2
6	Accuracy	Kicking 1	Throwing 1	Striking 1	Kicking 2
7	Accuracy	Kicking 1	Throwing 1	Striking 1	minor games
8	Accuracy	Kicking 1	Throwing 1	Minor games	Striking 1 (2 weeks only)
9	Accuracy	Kicking 1	Minor Games	Minor games	Striking 1
10	Indigenous Sports	Indigenous Sports	Indigenous Sports	Indigenous Sports	Indigenous Sports