



CANBERRA HIGH SCHOOL - 8 SHAPE overview for Semester 1, 2022

This semester students in SHAPE will cover 2 Health units, 1 Fitness, and 3 Sporting Skills topics

Topics of Learning explanation

- 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.
- 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.



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Line A	8 Gooch	8 Maloney	8 lemma	8 Lock
Week	Term 1	Term 1	Term 1	Term 1
1	Minor Games and Introduction to Fitness		Minor Games and Introduction to Fitness	
2	Basketball	Badminton	Oztag	Softball
3	Basketball	Badminton	Oztag	Softball
4	Basketball	Badminton	Oztag	Softball
5	Nutrition	Nutrition	Softball	Nutrition
6	Nutrition	Nutrition	Softball	Nutrition
7	Soccer	Basketball	Softball	Oztag
8	Soccer	Basketball	Basketball	Oztag
9	Soccer	Basketball	Basketball	Oztag
10	Soccer	Basketball	Basketball	Oztag
Term 2	Term 2	Term 2	Term 2	Term 2
1	Badminton	Oztag	First Aid	Soccer
2	Badminton	Oztag	First Aid	Soccer
3	Badminton	Oztag	First Aid	Soccer
4	Oztag	Soccer	Badminton	Basketball
5	Oztag	Soccer	Badminton	Basketball



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6	Oztag	Soccer	Badminton	Basketball
7	First Aid	First Aid	Nutrition	Badminton
8	First Aid	First Aid	Nutrition	Badminton
9	First Aid	First Aid		Badminton
10	Indigenous Sports	Indigenous Sports	Indigenous Sports	Indigenous Sports

Line G	8 Gooch	8 Terry	8 Betts	8 lemma
Week	Term 1	Term 1	Term 1	Term 1
1	Minor Games and Introduction to Fitness		Minor Games and Introduction to Fitness	
2	Basketball	Badminton	Oztag	Softball
3	Basketball	Badminton	Oztag	Softball
4	Basketball	Badminton	Oztag	Softball
5	Nutrition	Nutrition	Nutrition	Nutrition
6	Nutrition	Nutrition	Nutrition	Nutrition
7	Soccer	Basketball	Softball	Oztag
8	Soccer	Basketball	Softball	Oztag
9	Soccer	Basketball	Softball	Oztag
10	Soccer	Basketball	Softball	Oztag
Term 2	Term 2	Term 2	Term 2	Term 2
1	Badminton	Oztag	First Aid	First Aid



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2	Badminton	Oztag	First Aid	First Aid
3	Badminton	Oztag	First Aid	First Aid
4	First Aid	First Aid	Badminton	Basketball
5	First Aid	First Aid	Badminton	Basketball
6	First Aid	First Aid	Badminton	Basketball
7	Oztag	Soccer	Basketball	Badminton
8	Oztag	Soccer	Basketball	Badminton
9	Oztag	Soccer	Basketball	Badminton
10	Indigenous Sports	Indigenous Sports	Indigenous Sports	Indigenous Sports