



CANBERRA HIGH SCHOOL - 9 SHAPE overview for Semester 1, 2022

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
- 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 Lambert	9 Gooch	9 Terry
1	Minor Games and Introduction to Fitness		Minor Games and Introduc
2	Oztag	Oztag	Oztag
3	Oztag	Oztag	Oztag
4	Oztag	Oztag	Oztag
5	Hockey	Hockey	Hockey
6	Hockey	Hockey	Hockey
7	Hockey	Hockey	Hockey
8	Party Safe	Party Safe	Party Safe
9	Party Safe	Party Safe	Party Safe
10	Party Safe	Party Safe	Party Safe
Week	Term 2	Term 2	Term 2
1	Volleyball	Volleyball	Volleyball
2	Volleyball	Volleyball	Volleyball
3	Volleyball	Volleyball	Volleyball
4	Volleyball	Volleyball	Volleyball
5	Mental Health	Mental Health	Mental Health
6	Mental Health	Mental Health	Mental Health
7	Cricket	Cricket	Cricket
8	Cricket	Cricket	Cricket



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9	Cricket	Cricket	Cricket
10	Cricket	Cricket	Cricket

Line F	9 Crowe	9 lemma
Week	Term 1	Term 1
1	Minor Games and introduction to fitness	Minor Games and introduction to fitness
2		
3		
4		
5		
6	Mental Health	Mental Health
7	Mental Health	Mental Health
8		
9		
10		
Week	Term 2	Term 2
1	Party Safe	Party Safe
2	Party Safe	Party Safe
3	Party Safe	Party Safe
4		
5		



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6		
7		
8		
9		
10	Indigenous Sports	Indigenous Sports