



CANBERRA HIGH SCHOOL - 10 SHAPE overview for Semester 1, 2022

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

Topic of Learning elaborations

- 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



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Line A	10 Terry	10 Lambert	10 Crowe
Week	Term 1	Term 1	Term 1
1	Minor Games and Introduction to Fitness		Minor Games and Introdu
2			
3			
4			
5	Volleyball	Volleyball	
6	Volleyball	Volleyball	
7	Volleyball	Volleyball	
8			
9			
10			
Term 2	Term 2	Term 2	Term 2
1			
2			
3			
4	Sexuality & Relationships	Sexuality & Relationships	Sexuality & Relationships
5	Sexuality & Relationships	Sexuality & Relationships	Sexuality & Relationships
6	Sexuality & Relationships	Sexuality & Relationships	Sexuality & Relationships
7			
8			



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9			
10			

	10 Lambert
	Term 1
1	Minor Games and Intro
2	Touch
3	Touch
4	Touch
5	Badminton
6	Badminton
7	Badminton
8	Sexuality & Relationships
9	Sexuality & Relationships
10	Sexuality & Relationships
Term 2	Term 2
1	Basketball
2	Basketball
3	Basketball
4	Basketball
5	Soccer
6	Soccer



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7	Soccer
8	Soccer
9	Indigenous Sports
10	Indigenous Sports