



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

Active Games :

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.

Fit For Life:

Class will nominate a list of games and activities which are non team based. Green boxes highlight times when the class has time in the gym.

Outdoor Pursuits 9:

Classes are working on building skills, knowledge and understanding toward their trips. Green boxes highlight times when the class has time in the gym.

Outdoor Pursuits 10

Classes are working on building skills, knowledge and understanding toward their trips. Green boxes highlight times when the class has time in the gym.

Sports Science / Coaching

Students will learn the basics of Sports Science, including biomechanics, performance analysis and performance enhancing drugs.

Students are given the opportunity to develop their knowledge in the area of Sports Coaching by coaching local Primary School children in their chosen sports. Students will complete an Australian Sports Commission online coaching principles course and gain experience in organising and running sporting events.

Advanced PE

The Advanced Physical Education elective aims to extend athletes knowledge of the competitive sporting environment beyond the limits of a regular PE class. Students are provided with the opportunity to deepen their understanding of tactical concepts and skill acquisition in a competitive environment.

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



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Line B	Active Games Evans	Fit 4 Life Gooch	Outdoor 10 Maloney
Meeting spot	GYM	GYM	AB
Health Room	Multipurpose	AB2	AB1
Week	Term 1	Term 1	Term 1
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Term 2	Term 2	Term 2	Term 2
1			
2			
3			
4			
5			
6			
7			
8			



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9			
10			

Line D	Active Games Terry
Week	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Term 2	Term 2
1	
2	
3	
4	
5	
6	



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