

Pakenham Secondary College
Scope and Sequence Chart

Subject Area: Health/PE

Year Level: 9 2 periods per week (1 Practical, 1 Theory)



TERM 1	TERM 2	TERM 3	TERM 4
Movement and Physical Activity	Movement and Physical Activity	Movement and Physical Activity	Movement and Physical Activity
<p>Skill Based Activities</p> <ol style="list-style-type: none"> .Catching & Throwing .Kicking & Game Play Racquet Skills <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <p>Athletics</p> <p>Mix of Jump, Throw and Track events and Technique each lesson.</p> <ol style="list-style-type: none"> . Discus, Triple and 800m time trial .Javelin, Long Jump & Relay .High Jump, Shot Put & Sprint <p style="text-align: right;"><i>.3 weeks (Out)</i></p> <p>Badminton</p> <ol style="list-style-type: none"> .Forehand, backhand & half court game. .Serving, overheads & doubles games. Round Robin. ½ court singles, girls and boys competitions. <p style="text-align: right;"><i>3 weeks (GYM)</i></p>	<p>Fitness Circuits</p> <ol style="list-style-type: none"> Tabloid skill based circuit. 'Weight room' based circuit. Cardio circuit Interval training circuit <p style="text-align: right;"><i>4 weeks (GYM)</i></p> <p>European Handball</p> <ol style="list-style-type: none"> .Catching & Throwing, Minor Game Shooting, Goal Keeping and Game Play – Minor Game 3 Team Round Robin <p style="text-align: right;"><i>3 weeks (GYM)</i></p> <p>Cross Country</p> <ul style="list-style-type: none"> Warm Up and time 3km run/walk <p>Before week 4</p> <p style="text-align: right;"><i>1/2 weeks (OUT)</i></p>	<p>LaCrosse</p> <ol style="list-style-type: none"> Catching & Throwing, Minor Game Shooting, Goal Keeping and Game Play – Minor Game 3 Team Round Robin <p style="text-align: right;"><i>3 weeks (OUT)</i></p> <p>AFL/AFL 9's</p> <ol style="list-style-type: none"> Marking & Kicking, Minor Game Rules and Game Play – Minor Game 2 team Premiership <p style="text-align: right;"><i>3 weeks (OUT)</i></p> <p>Netball</p> <ol style="list-style-type: none"> Catching & Throwing, Minor Game Shooting, Positional Play and Game Play – Minor Game 3 Team Round Robin <p style="text-align: right;"><i>3 weeks (GYM)</i></p>	<p>Softball</p> <ol style="list-style-type: none"> .Catching & Throwing, Glove use. .Batting, Pitching and Catching, Minor Game Game Play – 2 team play off. <p style="text-align: right;"><i>3 weeks (OUT)</i></p> <p>Ultimate Frisbee</p> <ol style="list-style-type: none"> .Catching & Throwing, Minor Game .Running Throws, Team work and game play. Racquet Skills <p style="text-align: right;"><i>3 weeks (OUT/GYM)</i></p> <p>Outdoor Recreation</p> <ol style="list-style-type: none"> .Team Challenges .Orienteering Outdoor Skills <p style="text-align: right;"><i>3 weeks (OUT)</i></p>

Health Knowledge and Promotion	Health Knowledge and Promotion	Health Knowledge and Promotion	Health Knowledge and Promotion
<p>Clear and Present danger</p> <ul style="list-style-type: none"> • Risk Taking • Accidents • Focus on the workplace • Road Safety • Emergency health care • Sport Safety 	<p>Fit for Life/High Performance</p> <ul style="list-style-type: none"> • Types of Physical Activity • Australian Physical Activity and Sedentary Behaviour Guidelines • Physical activity and sedentary behaviour analysis • Health related fitness components • Community activity providers • Analysis of performance, skills, technique and tactics. 	<p>National Health Issues</p> <ul style="list-style-type: none"> • Causes of Illness and Injury • Medicare • Healthy lifestyle decisions • Linking diet to Health • Energy Balance and weight control. 	<p>Relationships and sexuality</p> <ul style="list-style-type: none"> • Changing and intimate relationships. • Sexual orientation • Diversity within the community • Pregnancy and what to expect • Sexually Transmitted Infections