

Pakenham Secondary College

Scope and Sequence Chart

Subject Area: Health/PE

Year Level: 10 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>Basketball</p> <ol style="list-style-type: none"> .Dribbling and Passing .Shooting and defending, ½ court game 3 Team Round Robin. <p style="text-align: right;"><i>3 weeks (GYM)</i></p>	<p>Fitness Training</p> <ol style="list-style-type: none"> PreTesting. Weight Training & Interval Training Circuits & Fitness Challenges Testing <p style="text-align: right;"><i>4 weeks (GYM)</i></p> <p>Soccer</p> <ol style="list-style-type: none"> Kicking and Trapping, 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>Peer Teaching</p> <ol style="list-style-type: none"> Skill Based Peer Teaching Skill Based Peer Teaching Skill Based Peer Teaching <p style="text-align: right;"><i>Group & Self Assessment</i></p> <p style="text-align: right;"><i>4 weeks (OUT)</i></p> <p>European Handball</p> <ol style="list-style-type: none"> .Catching & Throwing, Minor Game Shooting, Goal Keeping and Game Modified Games/Variations 3 Team Round Robin <p style="text-align: right;"><i>4 weeks (OUT)</i></p>	<p>Touch Rugby</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>Badminton</p> <ol style="list-style-type: none"> .Forehand & backhand & serving. .Doubles rules and challenge ladder Knockout tournament. <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>Focus on Fitness</p> <ul style="list-style-type: none"> • Options for lifelong activity • Sense of health and wellbeing • Planning for regular physical activity • Community activity providers (assignment) • Mass participation activities 	<p>High Performance</p> <ul style="list-style-type: none"> • Performance evaluation. • Testing • Designing a skills program • Application of Interpersonal skills • Group interaction and physical Activity. 	<p>Health in Australia</p> <ul style="list-style-type: none"> • Healthy lifestyle decisions • Linking diet to Health • Energy Balance and weight control. • Disordered eating and body Image. • Factors influencing food choice. 	<p>Mental Health Issues</p> <ul style="list-style-type: none"> • Becoming Resilient • Being Sad versus being depressed. • Understanding Mental Health • Mental Illness