Morisset High School

**Scope and Sequence**

**Girls/Boys Wellbeing 2016**

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| **YEAR**  **7** | **Weeks** | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| **Term**  **1** | **Topic:** Being active and healthy (Theory)  ***Outcomes***: 1.2, 4.1, 4.3  ***Unit description***: Investigating the importance of nutrition and physical activity on one’s wellbeing. Study nutrition and the benefits of a balanced diet. Identify the components of fitness and study the benefits of lifelong fitness. | | | | | | | | | | |
| **Topic:** Physical activity for Health (Practical)  **Outcomes:** 3.1, 3.2, 4.1, 4.3  **Unit description:** Walking, yoga, dance, Zumba, circuit training, weight training, bocce’, croquet, vortex, skipping, handball, gardening, karate, team building games. | | | | | | | | | | |
| **Term**  **2** | **Topic:** Physical activity for relaxation (Theory)  ***Outcomes***: 1.2, 3.1, 3.2, 4.3  ***Unit description***: Students examine how physical activity can be used to manage stress and enhance relaxation and calmness. Activities include pilates, yoga, tai chi and martial arts. | | | | | | | | | |  |
| **Topic:** Physical fitness, Enhancing performance –strategies and techniques. (Pracitcal)  ***Outcome:*** 1.2, 3.1, 3.2, 4.1  ***Unit description***: Students participate in a variety of activities that provide opportunity to practice, modify and design rhythmic movement patterns and dance steps, eg hip hop dancing, cheerleading, sports aerobics, boxing, boot camp, circuit gym. | | | | | | | | | |
| **Term**  **3** | **Topic:** Enhancing Quality of Life (Theory)  **Outcomes:** 1.2,2.1,2.2,4.1,42.  **Unit Description:** Students study the term health and investigate all the qualities that lead to improving individual health outcomes. Students study factors that can impact and enhance individuals overall level of health. | | | | | | | | | |  |
| **Topic:** Fundamental Movement Skills (Practical)  **Area of study:** Foundations of physical activity  **Outcomes:** 1.1, 1.2, 4.1, 4.2, 4.3, 4.4  **Unit description:** Students explore the nature and transfer of movement skills. Students also investigate the importance of mastery of FMS and the importance of practice in movement skill competence. | | | | | | | | | |
| **Term**  **4** | **Topic:** Lifestyle, Leisure and Recreation (Theory)  **Outcomes:** 2.1,2.2,3.1,3.2  **Unit Description:** Students investigate the importance of lifestyle choices and the positive impact on long term wellbeing. They study a range of activities that enhance one’s lifestyle. | | | | | | | | | |  |
| **Topic:** Lifelong physical activity (Practical)  **Outcomes:** 3.1, 3.2, 4.1, 4.3  **Unit description:** Activities that can be sustained, walking, orienteering, swimming, aerobics, yoga, pilates, boot camp, circuit training. | | | | | | | | | |