Morisset High School

**Scope and Sequence**

**Year 9 Fitness 2016**

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| **YEAR**  **7** | **Weeks** | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| **Term**  **1** | **Topic:** Physical Fitness (Theory)  **Outcomes:** 1.2,.1.2, 4.1, 4.2, 4.3, 4.4  **Unit description:** students explore physical fitness, physical activity vs physical fitness, ways to develop fitness and measurement and evaluation of fitness. | | | | | | | | | | |
| **Topic:** Fierce Fitness (Practical)  **Outcomes:** 3.1, 3.2, 4.1, 4.3  **Unit description:** Fitness testing & high intensity games- offside touch, five-a-side soccer, endball, Fast Five Netball, basketball, skipping and games to improve fitness. | | | | | | | | | | |
| **Term**  **2** | **Topic:** Physical activity for Health (Theory)  **Outcomes:** 1.1, 1.2, 4.1, 4.2, 4.3, 4.4  **Unit description:** Students investigate the models of physical activity and fitness, the influence of physical activity and the relationship between physical activity and quality of life. | | | | | | | | | |  |
| **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**  **3** | **Topic:** Nutrition and Physical Activity (Theory)  **Outcomes:** 1.1, 1.2, 4.1, 4.2, 4.3, 4.4  **Modules:** Nutrition and physical activity  **Unit description:** Students investigate nutrition for health and physical activity. Students also research the nutritional considerations for athletes and weight management of individuals. | | | | | | | | | |  |
| **Topic:** Winter Games (Practical)  **Outcomes:** 3.1, 3.2, 4.1, 4.3  **Unit description:** Team games that are high impact; indoor soccer, indoor hockey, lacross, oz tag, European handball, circuit training, aerobics. | | | | | | | | | |
| **Term**  **4** | **Topic:** Promoting Active Lifestyles (Theory)  **Outcomes:** 3.1, 3.2, 4.1, 4.2, 4.3, 4.4  **Unit description:** Students discover setting and opportunities for physical activity, individual and group roles and responsibilities for promoting physical activity and look at products, information and organisations that promote active lifestyles. | | | | | | | | | |  |
| **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. | | | | | | | | | |