![C:\Users\jenny.bennett6\Desktop\Flags_of_Australia[1].jpg]()Morisset High School

**Scope and Sequence**

 **10 Sports Science 2016**

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| **YEAR****7** | **Weeks** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| **Term****1** | **Topic:** Body Systems**Outcomes:** 1.1, 1.2, 4.1, 4.2, 4.3, 4.4**Modules:** Body systems and energy for physical activity**Unit description:** Students investigate the structure and function of the skeletal, muscular, circulatory and respiratory systems and the relationship between body systems. Students will also discover the correlation between energy/ hydration and PA.  |
| **Topic:** Racquet Sports**Outcomes:** 3.1, 3.2, 4.1, 4.3**Modules:** Badminton, Paddle tennis, Wall ball, Tennis, Squash and Table Tennis.**Unit description:** Students participate in a range of racquet sports. |
| **Term****2** | **Topic:** Everything Nutrition**Outcomes:**  1.1, 1.2, 4.1, 4.2, 4.3, 4.4**Unit description:** Students explore and investigate aspects of nutrition including: BMI, consequences of poor nutrition, food labels, body image, Children dietary guidelines, nutrient research, and analyse Canteen strategy. |  |
| **Topics:** Invasion Games**Outcomes:** 3.1, 3.2, 4.1, 4.3**Unit description:** Students will participate in a range of invasion games includingsoccer, touch football, Rugby League, AFL, Rugby Union.  |
| **Term****3** | **Topic:** Everything Nutrition**Outcomes:**  1.1, 1.2, 4.1, 4.2, 4.3, 4.4**Unit description:** Students explore and investigate aspects of nutrition including: BMI, consequences of poor nutrition, food labels, body image, Children dietary guidelines, nutrient research, and analyse Canteen strategy. |  |
| **Topic:** Team sports and individual games**Outcomes:** 3.1, 3.2, 4.1, 4.2, 4.3**Unit description:** Students participate in a range of team and individual sports aimed at developing skills, team work and cooperation. Student will be assessed on their attitude, ability, effort and participation in the practical unit.  |
| **Term****4** | **Topic:** Fundamental Movement Skills**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. |  |
| **Topic:** Summer sports**Outcomes:** 3.1, 3.2, 4.1, 4.3**Unit description:** Students will participate in a range of summer sports including cricket, softball, oztag, wiifit and other technology based sports. |