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. | | | | | | | | | |