**HOCKEY PATHWAYS**

**HEALTH & PHYSICAL EDUCATION SCOPE AND SEQUENCE 2019**

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| **Term** | **1** | **2** | **3** | **4** |
| **YEAR 7** | * **7HPE: Multicultural Games**

-A/TI games, Bocce, European handball-Food and Cultural Connections  | * **7HPE: Athletics**

-Athletics events & novelty games-Bullying  | * **7HPE: Field sports**

-Softball, Cricket and Hockey-Resilience / mental health  | * **7HPE: Swim and Survive and Water Safety**

-Swim and Survive Program -Safety Around Natural Water Ways |
|  **YEAR 8** | * **8HPE: Recreational Activities**

-Lawn bowls, bocce, bushwalking-Recreational risks (drugs & alcohol) | * **8HPE Athletics**

-Athletics events & technique development -Nutrition  | * **8HPE: Racquet and Stick Sports**

-Badminton, Table Tennis/Bat Tennis and Lacrosse-Benefits of physical activity and health promotion  | * **8HPE: Swim and Survive and First Aid**

-Swim and Survive Program -First Aid |
| **YEAR 9** | * **9HPE: Court Sports**

**-**Volleyball, badminton, basketball, netball and korfball **-**Drugs in sport  | * **9HPE: Athletics**

-Athletics events (performance analysis and improvement)-Training programs  | * **9HPE: Football codes**

-Touch, Rugby League/ Union, AFL, Soccer, Gaelic Football, Speedball-Performance analysis  | * **9HPE: Injury Prevention and Management**

**WET PROGRAM*** Swim and Survive and Aquatic Fitness

**DRY PROGRAM*** MacKillop Physical Activity Project
 |
| **YEAR 10**\*Refer to LAP  |  **10HPE*** Court Sports Performance Analysis - Basketball
* Recreational Sports - Peer Teach
* Issues Analysis - ‘That Sugar Film’
 | **10HPE** * Group Practical
* Optional Practical - ‘First@theScene’
* Case Study
 |
|  **STAGE 1**Optional HPE electives | Stage 1 Physical Education Stage 1 Community Studies Stage 1 Health Stage 1 Child Studies | Stage 1 Physical Education Stage 1 Community Studies Stage 1 HealthStage 1 Child Studies  |
|  **STAGE 2**Optional HPE electives | Stage 2 Physical EducationStage 2 Community Studies Stage 2 Health Stage 2 Child Studies  |

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| **Term** | **1** | **2** | **3** | **4** |
| **YEAR****7** | * **SA101 Sports Academy – Footy Codes**

-Soccer/AFL -Skills development | * **SA102 Sports Academy –** **Court Sports**

-Basketball / Tennis/Volleyball-Skills development  | * **SA103 Sports Academy** –

**Rugby Codes**-Union – fun games and skills introduction-NRL – fun games and skills introduction  | * **SA104 Sports Academy –** **Netball**

**-**Skills development**-**Assessed on Netball Australia Skills Standards  |
| **YEAR** **8** | * **SA201 Sports Academy – Court Sports**

-Basketball (3 on 3) -Tennis  | * **SA202 Sports Academy** – **Footy Codes**

-Soccer/AFL-SEPEP focus  | * **SA203 Sports Academy** – **Netball**

-Skills development and games sense **-**Assessed on Netball Australia Skills Standards | * **SA204 Sports Academy – Rugby Codes**

**-**NRL and Touch -UNION: Smart Rugby / AR Assist / Kids Ref |
| **YEAR** **9** | * **SA301 Sports Academy – Rugby Codes**

**-** Union – Union Ref Kids**-** NRL - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* **SA302 Sports Academy – Netball**

**-** Preparation for C Badge (first accreditation) umpiring training **-**Ankle and knee program / strapping / first aid **-**Strength and conditioning * **PE310: Fit for Life**
 | * **SA311 Sports Academy – Rugby Codes**

-Union and NRL - \_\_\_\_\_\_\_\_\_\_\_\_\_* **SA312 Sports Academy - Netball**

-Training Netball Academy (trials, preseason, fitness, match play preparation) – NTIS – coaching/talent ID, analysis and performance improvement. -Selections for Netball Trip/Comp – *if they wish to be considered for this trip, they must complete this elective** **PE313: Sports Coaching**
 |
| **YEAR 10** | * **10RugbyCodes- Sports Academy– Rugby Codes**

**-**Union – Level 1 Referee Course **-**NRL - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* **10Netball Sports Academy - Netball**

- Trials for netball trip, preseason training, fitness, match play preparation | * **10RugbyCodes - Sports Academy – Rugby Codes**

**-**Union – additional modules (first aid/concussion/touch 7’s/ground marshal / Smart Rugby reaccreditation * **10Netball Sports Academy - Netball**

-Coaching Certificate  |

**MACKILLOP CATHOLIC COLLEGE SPORT ELECTIVE OPTIONS**

* **Year 7 and 8 electives $50 each per term**
* **Year 9 and 10 electives $100 each per semester**

**MACKILLOP SAINTS ACADEMY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Term** | **1** | **2** |  **3** |  **4**  |
| **YEAR 7** | Period 5Monday & FridayFocus Area: Basketball**Junior squad** | Period 5 Monday & FridayFocus Area: Rugby League**Junior squad** | Period 5Monday & FridayFocus Area: Hockey**Junior squad** | Period 5Monday & FridayFocus Area: Rugby Union**Junior squad** |
|  **YEAR 8** | Period 5Monday & FridayFocus Area: Basketball**Junior squad** | Period 5 Monday & FridayFocus Area: Rugby League**Junior squad** | Period 5Monday & FridayFocus Area: Hockey**Junior squad** | Period 5Monday & FridayFocus Area: Rugby Union**Junior squad** |
| **YEAR 9** | Period 5Monday & FridayFocus Area: Basketball**Juniors squad** | Period 5 Monday & FridayFocus Area: Rugby League**Junior squad** | Period 5Monday & FridayFocus Area: Hockey**Junior squad** | Period 5Monday & FridayFocus Area: Rugby Union**Junior squad** |
| **YEAR 10**  | Period 5Monday & FridayFocus Area: Basketball**Senior squad** | Period 5 Monday & FridayFocus Area: Rugby League**Senior squad** | Period 5Monday & FridayFocus Area: Hockey**Senior squad** | Period 5Monday & FridayFocus Area: Rugby Union**Senior squad** |
|  **YEAR 11** | Period 5Monday & FridayFocus Area: Basketball**Senior squad** | Period 5 Monday & FridayFocus Area: Rugby League**Senior squad** | Period 5Monday & FridayFocus Area: Hockey**Senior squad** | Period 5Monday & FridayFocus Area: Rugby Union**Senior squad** |
|  **YEAR 12** | Period 5Monday & FridayFocus Area: Basketball**Senior squad** | Period 5 Monday & FridayFocus Area: Rugby League**Senior squad** | Period 5Monday & FridayFocus Area: Hockey**Senior squad** | Period 5Monday & FridayFocus Area: Rugby Union**Senior squad** |

**EXTRA CURRICULAR**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Options Year 10 – 12 | Term 1 | Term 2 | Term 3  | Term 4 |
| Gymnasium(Afterschool) | 2 x 1 hr sessions per weekLENGTH: 8 weeks | 2 x 1 hr sessions per weekLENGTH: 8 weeks | 2 x 1 hr sessions per weekLENGTH: 8 weeks | 2 x 1 hr sessions per weekLENGTH: 8 weeks |

\*Younger students will need to permission to participate in Gym sessions.