**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 Health  Stage 1 Child Studies | |
| **STAGE 2**  Optional HPE electives | Stage 2 Physical Education  Stage 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**

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

**EXTRA CURRICULAR**

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

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