

Scope and Sequence – Stages 4 and 5

Term	Week	Year 7		Year 8		Year 9		Year 10	
1	1	7.1 It's all about balance		8.1 Fit to play		9.1 Skills for life		10.1 Calling the shots	
	2								
	3								
	4								
	5	7.2 Getting Along	7.3 Throw it and catch it	8.2 Let's Talk	8.3 Hit it and kick it				
	6								
	7								
	8								
	9								
	10								
2	1	7.4 Good habits	7.5 Teamwork in competition	8.4 Managing risk	8.5 Net/court games	9.2 Brain food	9.3 Modified games	10.2 Going out tonight	10.3 Lord of the rings
	2								
	3								
	4								
	5								
	6								
	7								
	8								
	9								
	10								
3	1	7.7 Knowing myself and others	7.8 Invasion games	8.6 Moving in time		9.5 On stage		10.4 Working out	
	2								
	3								
	4								
	5								
	6								
	7								
	8								
	9								
	10								
4	1	7.9 Personal Safety		8.8 Health impacts	8.9 Target sports	9.6 Power of the people		10.7 Out and about	
	2								
	3								
	4								
	5								
	6								
	7								
	8								
	9								
	10								