Morisset High School

**Scope and Sequence**

**PDHPE 2016**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **YEAR**  **7** | **Weeks** | | | | | | | | | | | | | | |
| **1** | **2** | **3** | | **4** | **5** | | **6** | **7** | | **8** | **9** | | **10** | **11** |
| Theory  **Term**  **1** | It’s OK to be me – health, self-esteem, body shapes, mental health, families, power, abuse, bullying, harassment. | | | | | | | Cross Country  Practice | | | It’s OK to be me – health, self-esteem, body shapes, mental health, families, power, abuse, bullying, harassment. | | | | |
| Practical  **Term**  **1** | Basic Skills | | | | Fitness | | | Cross Country  Practice | | | Cross  Country  Carnival | Traditional  Games | | | Athletics |
|  | Assessment: | | | | | | | | | | | | | | |
| Theory  **Term**  **2** | It’s OK to be me – self esteem | | | Up in Smoke – drugs, cigarettes, passive smoking, cannabis, peer pressure, assertiveness. | | | | | | | | | Dance | |  |
| Practical  **Term**  **2** | Athletics | | | | | | Team Sports 1 | | | | | | Dance | |  |
|  | Assessment: | | | | | | | | | | | | | | |
| Theory  **Term**  **3** | Up in Smoke – drugs, cigarettes, passive smoking, cannabis, peer pressure, assertiveness. | | | | | | | | | Growth and Development – stages of growth, puberty, hormones, reproductive systems, hygiene, fertilisation, pregnancy, maturity. | | | | |  |
| Practical  **Term**  **3** | Indigenous  Games | | Team Sports 2 | | | | | Team Sports 3 | | | | Fitness  (retest) | | |  |
|  | Assessment: | | | | | | | | | | | | | | |
| Theory  **Term**  **4** | Growth and Development – stages of growth, puberty, hormones, reproductive systems, hygiene, fertilisation, pregnancy, maturity. | | | | | | | | | | | Group Activities | | |  |
| Practical  **Term**  **4** | Recreational Games – Softball, cricket, dodgeball, body ball. | | | | | | | | | | | | | |  |
|  | Assessment: | | | | | | | | | | | | | | |

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| **YEAR**  **8** | **Weeks** | | | | | | | | | | | | | |
| **1** | **2** | **3** | | **4** | **5** | **6** | **7** | | **8** | **9** | | **10** | **11** |
| Theory  **Term**  **1** | Healthy Inside and Out – Diet, nutrition, improving fitness, maintaining health and physical activity. | | | | | | Cross Country  Practice | | | Healthy Inside and Out – Diet, nutrition, improving fitness, maintaining health and physical activity. | | | | |
| Practical  **Term**  **1** | Basic Skills | | | | Fitness | | Cross Country  Practice | | | Cross  Country  Carnival | Traditional  Games | | | Athletics |
|  | Assessment: | | | | | | | | | | | | | |
| Theory  **Term**  **2** | Healthy Inside and Out | | | Managing Risks – risky behaviour, decision making, peer pressure, assertiveness, dangers at home/school/road/sport/alcohol, accidents, injuries, harm minimisation. | | | | | | | | Dance | |  |
| Practical  **Term**  **2** | Athletics | | | | Team Sports 1 | | | | | | | Dance | |  |
|  | Assessment: | | | | | | | | | | | | | |
| Theory  **Term**  **3** | Managing Risks – risky behaviour, decision making, peer pressure, assertiveness, dangers at home/school/road/sport/alcohol, accidents, injuries, harm minimisation. | | | | | | | | Health Matters – life expectancy, lifestyle factors, genetics, cancer, CVD, diabetes, asthma, health consumer awareness. | | | | |  |
| Practical  **Term**  **3** | Indigenous  Games | | Team Sports 2 | | | | Team Sports 3 | | | | Fitness  (retest) | | |  |
|  | Assessment: | | | | | | | | | | | | | |
| Theory  **Term**  **4** | Health Matters – life expectancy, lifestyle factors, genetics, cancer, CVD, diabetes, asthma, health consumer awareness. | | | | | | | | | | Group Activities | | |  |
| Practical  **Term**  **4** | Recreational Games – Softball, cricket, dodgeball, body ball | | | | | | | | | | | | |  |
|  | Assessment: | | | | | | | | | | | | | |