![C:\Users\jenny.bennett6\Desktop\Flags_of_Australia[1].jpg]()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 CountryPractice | 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 CountryPractice | CrossCountryCarnival | TraditionalGames | 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** | IndigenousGames | 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: |

![C:\Users\jenny.bennett6\Desktop\Flags_of_Australia[1].jpg]()Morisset High School

**Scope and Sequence**

 **PDHPE 2016**

|  |  |
| --- | --- |
| **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 CountryPractice | Healthy Inside and Out – Diet, nutrition, improving fitness, maintaining health and physical activity. |
| Practical**Term****1** | Basic Skills | Fitness | Cross CountryPractice | CrossCountryCarnival | TraditionalGames | 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** | IndigenousGames | 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: |