![Flags_of_Australia[1]]()Morisset High School

**Scope and Sequence**

 **PDHPE 2016**

|  |  |
| --- | --- |
| **YEAR****9** | **Weeks** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| Theory**Term****1** | Bouncing Back – Mental Health, teenage pressures, depression, anxiety, drugs, stress, resilience. | Cross CountryPractice | Bouncing Back – Mental Health, teenage pressures, depression, anxiety, drugs, stress, resilience. |
| Practical**Term****1** | Invasion Games | Fitness | Cross CountryPractice | CrossCountryCarnival | TraditionalGames | Athletics |
|  | Assessment: |
| Theory**Term****2** | Bouncing Back – Mental Health, teenage pressures, depression, anxiety, drugs, stress, resilience. | Maturing Relationships – communication, healthy relationships, rights and responsibilities, sexual choices and consequences, STI’s, contraception. |  |
| Practical**Term****2** | Athletics | Team Sports 1 | Indigenous Games |  |
|  | Assessment: |
| Theory**Term****3** | Dance | Maturing Relationships – communication, healthy rights and responsibilities, sexual choices and consequences, STI’s, contraception. | Food For Nutrition – food choices, healthy habits, energy balance, fitness, body image. |  |
| Practical**Term****3** | Dance | Team Sports 2 | Team Sports 3 | Fitness(retest) |  |
|  | Assessment: |
| Theory**Term****4** | Food For Nutrition – food choices, healthy habits, energy balance, fitness, body image. | Group Activities |  |
| Practical**Term****4** | Recreational Games – Cricket, softball, dodgeball, body ball. |  |
|  | Assessment: |

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**Scope and Sequence**

 **PDHPE 2016**

|  |  |
| --- | --- |
| **YEAR****10** | **Weeks** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| Theory**Term****1** | Future Challenges and Relationships – beliefs and values, goal setting, communication, conflict resolution, problem solving, cyber awareness, safe partying. | Cross CountryPractice | Future Challenges and Relationships – beliefs and values, goal setting, communication, conflict resolution, problem solving, cyber awareness, safe partying. |
| Practical**Term****1** | Invasion Games | Fitness | Cross CountryPractice | CrossCountryCarnival | TraditionalGames | Athletics |
|  | Assessment: |
| Theory**Term****2** | Future Challenges and Relationships – problem solving, cyber awareness, safe partying. | Driver Education and Harm Minimisation – the faces, safe driving, consequences, speeding, drugs and alcohol, fatigue, distraction, basic car maintenance. |  |
| Practical**Term****2** | Athletics | Team Sports 1 | Indigenous Games |  |
|  | Assessment: |
| Theory**Term****3** | Driver Education and Harm Minimisation – the faces, safe driving, consequences, speeding, drugs and alcohol, fatigue, distraction, basic car maintenance. | Now and Forever – activity, motivation, components of fitness, fitness planning and programming, principles of training. |  |
| Practical**Term****3** | IndigenousGames | Team Sports 2 | Team Sports 3 | Fitness(retest) |  |
|  | Assessment: |
| Theory**Term****4** | Now and Forever – activity, motivation, components of fitness, fitness planning and programming, principles of training. | Group Activities |  |
| Practical**Term****4** | Recreational Games – Cricket, softball, dodgeball, body ball. |  |
|  | Assessment: |