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 Country  Practice | | | Bouncing Back – Mental Health, teenage pressures, depression, anxiety, drugs, stress, resilience. | | | | |
| Practical  **Term**  **1** | Invasion Games | | | Fitness | | Cross Country  Practice | | | Cross  Country  Carnival | | Traditional  Games | | 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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| **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 Country  Practice | | 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 Country  Practice | | Cross  Country  Carnival | Traditional  Games | | 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** | Indigenous  Games | | 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: | | | | | | | | | | | |