

MAITLAND GROSSMANN HIGH SCHOOL
PDHPE SCOPE AND SEQUENCE Stage 5 Year 9

T/P	Term 1	Term 2	Term 3	Term 4
Theory	<p style="text-align: center;">Finding Me!</p> <p>(6 weeks) Outcomes: 5.1, 5.11</p> <ul style="list-style-type: none"> • Interdependence between self/health and wellbeing • Supporting yourself • Supporting others <p style="text-align: center;">Valuing Relationships</p> <p>(8 weeks) Outcomes: 5.3, 5.11, 5.16</p> <ul style="list-style-type: none"> • Developing equal and respectful relationships • Affirming diversity • Recognising and responding to abusive relationships • Discrimination, harassment and vilification 	<p style="text-align: center;">Valuing Relationships</p> <p>(continued) Outcomes: 5.3, 5.11, 5.16</p> <ul style="list-style-type: none"> • Developing equal and respectful relationships • Affirming diversity • Recognising and responding to abusive relationships • Discrimination, harassment and vilification <p style="text-align: center;">Health Issues and Young People</p> <p>(15 weeks) Outcomes: 5.6 5.11, 5.15, 5.16</p> <ul style="list-style-type: none"> • Mental health • Healthy food habits • Drug Use – focus on effects of drug use, polydrug and illicit drugs • Sexual Health • Empowering individuals and community 	<p style="text-align: center;">Health Issues and Young People</p> <p>(continued) Outcomes: 5.6 5.11, 5.15, 5.16</p> <ul style="list-style-type: none"> • Mental health • Healthy food habits • Drug Use – focus on effects of drug use, polydrug and illicit drugs • Sexual Health • Empowering individuals and community 	<p style="text-align: center;">Kick Start Your Heart</p> <p>(4 weeks) Outcomes: 5.7, 5.9, 5.13, 51.5</p> <ul style="list-style-type: none"> • Lifelong physical activity • Planning for regular physical activity <p style="text-align: center;">Too Good to be True</p> <p>(6 weeks) Outcomes: 5.8, 5.12, 5.15</p> <ul style="list-style-type: none"> • Health consumerism • The nature of health knowledge • Factors influencing access to health information, products and services
Practical	<p style="text-align: center;">Co-operative Games</p> <p>(5 weeks) Outcomes: 5.9, 5.13</p> <ul style="list-style-type: none"> • Lifelong physical activities • Planning for regular physical activity <p style="text-align: center;">Games Based on(1)</p> <p>(5 weeks) Outcomes: 5.4, 5.14</p> <ul style="list-style-type: none"> • Aspects of movement skill development • Influences on skill development and performance • Applying mechanical principles to enhance performance 	<p style="text-align: center;">Backyard Games</p> <p>(4 weeks) Outcomes: 5.9, 5.13</p> <ul style="list-style-type: none"> • Lifelong physical activities • Planning for regular physical activity <p style="text-align: center;">Sport Circuit</p> <p>(5 weeks) Outcomes: 5.4, 5.14</p> <ul style="list-style-type: none"> • Aspects of movement skill development • Influences on skill development and performance • Applying mechanical principles to enhance performance 	<p style="text-align: center;">Games Based on(2)</p> <p>(5 weeks) Outcomes: 5.4, 5.14</p> <ul style="list-style-type: none"> • Aspects of movement skill development • Influences on skill development and performance • Applying mechanical principles to enhance performance <p style="text-align: center;">Improving Performance - Volleyball</p> <p>(5 weeks) Outcomes: 5.9, 5.13</p> <ul style="list-style-type: none"> • Lifelong physical activities • Planning for regular physical activity 	<p style="text-align: center;">Kick Start Your Heart</p> <p>(4 weeks) Outcomes: 5.7, 5.9, 5.13, 51.5</p> <ul style="list-style-type: none"> • Lifelong physical activity • Planning for regular physical activity <p style="text-align: center;">Pilates/Yoga or Water Games</p> <p>Outcomes: 5.4, 5.14</p> <ul style="list-style-type: none"> • Aspects of movement skill development • Influences on skill development and performance • Applying mechanical principles to enhance performance