

Course Information – PDHPE – YEAR 10

Course Outline:

In stage 5 (Year 10) PDHPE, students explore an array of quality learning experiences in a safe and supportive environment aimed at developing the knowledge, skills, values and attitudes needed to understand, value and lead a healthy lifestyle now and in the future. Students participate in 2 practical lessons and 1 theory lesson, per seven day cycle. Students will participate in a range of physical activities and sports, demonstrating proficient movement skills and teamwork in a variety of settings.

SEMESTER 1: BEING THE BEST ME (ACTIVITY & NUTRITION)

SEMESTER 2: ROAD & PERSONAL SAFETY

Topic Details

Topic Outline	Scheduled homework tasks	Suggestions for enriching resources or experiences
<p>SEMESTER 1: BEING THE BEST ME (ACTIVITY & NUTRITION)</p> <p>In this unit of work students look at healthy lifestyles and the various ways an individual is able to stay physically fit and healthy throughout all stages of life. They will look at physical activity for fitness/health as well as nutrition. Students will also study lifestyle diseases and the modifiable behaviours which will help them remain healthy at all ages.</p>	<p>TBD / various</p>	<p>http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines</p> <p>http://www.livestrong.com/</p> <p>https://www.newcastle.edu.au/profile/david-lubans</p> <p>http://journal.crossfit.com/nutrition/</p>
<p>SEMESTER 2: ROAD & PERSONAL SAFETY</p> <p>Students analyse the range of factors that influence risk behaviours in young people, including the relationship between risk and an individual's sense of self and mental health. Students explore these influences in realistic contexts related to drug use, sexual health and road safety. Through their investigations they further develop their understanding of the interrelationship of these issues. Students propose realistic strategies to keep themselves and others safe in potentially harmful situations.</p>	<p>TBD / various</p>	<p>http://roadsafety.transport.nsw.gov.au/campaigns/</p> <p>http://www.rms.nsw.gov.au/cgi-bin/index.cgi?action=safedrivercourseproviders.form</p> <p>https://www.beyondblue.org.au/the-facts/what-is-mental-health</p> <p>https://www.ruok.org.au/</p> <p>https://manupcampaign.org/</p>

Approximate Topic Map for 2017

	Term 1	Term 2	Term 3	Term 4
W1	LIFELONG PHYSICAL ACTIVITY MODIFIED GAMES	SUPPLEMENTS CROSS COUNTRY / ATHLETICS	RESPONSIBILITIES OF ROAD USERS TOUCH / OZTAG / FITNESS	COMMUNICATION BASKETBALL
W2	PREPARING FOR REGULAR ACTIVITY MODIFIED GAMES	FOOD MISCONCEPTIONS ATHLETICS / FITNESS	ROAD ACCIDENTS / STATS TOUCH / OZTAG / FITNESS	CONFLICT RESOLUTION VOLLEYBALL
W3	DIFFERENT ROLES IN PA AQUATICS / MOD GAMES	EATING DISORDERS & BODY IMAGE ATHLETICS / FITNESS	OUTCOMES OF ACCIDENTS TOUCH / OZTAG / FITNESS	ACCEPTING DECISIONS VOLLEYBALL
W4	SOCIAL MEDIA & ACTIVITY AQUATICS / MOD GAMES	EATING DISORDERS & BODY IMAGE ATHLETICS / FITNESS	SKILLS / BEHAVIOURS INTERNATIONAL SPORTS	MAKING DECISIONS VOLLEYBALL
W5	ENHANCING ENJOYMENT AQUATICS / FITNESS	HYDRATION AFL / SOCCER	SIMULATION TESTS INTERNATIONAL SPORTS	DECISION MAKING STRIKING/CATCHING SPORTS
W6	HEALTHY FOOD HABITS AQUATICS / FITNESS	SLEEP / RECOVERY AFL / SOCCER	MENTAL HEALTH INDIGENOUS SPORTS	GROUP INTERACTION STRIKING/CATCHING SPORTS
W7	MARKETING OF FOOD AQUATICS / FITNESS	HEALTHY LIFESTYLE DESIGN AFL / SOCCER	UNDERSTANDING & KNOWLEDGE INDIGENOUS SPORTS	EMPOWERING INDIVIDUALS STRIKING/CATCHING SPORTS
W8	WHAT DO I NEED TO EAT? AQUATICS / FITNESS	HEALTHY LIFESTYLE DESIGN AFL / SOCCER	COPING & CONNECTIONS BASKETBALL	EMPOWERING COMMUNITIES STRIKING/CATCHING SPORTS
W9	FOOD DECISIONS & PLANNING AQUATICS / CROSS COUNTRY	INDIVIDUAL PLAN DANCE	HOW TO HELP YOUR MATES BASKETBALL	TEAMWORK / LEADERSHIP BEACH ACTIVITIES / GAMES
W10	ALLERGIES & CONSIDERATIONS AQUATICS / CROSS COUNTRY	COMMUNITY PLAN DANCE	MEDITATION & MINDFULNESS BASKETBALL	TEAMWORK / LEADERSHIP BEACH ACTIVITIES / GAMES
W11	SIMPLE AND HEALTHY MEALS AQUATICS / CROSS COUNTRY			TEAMWORK / LEADERSHIP BEACH ACTIVITIES / GAMES

Major Assessment Tasks and approximate timing

Task Name	Hand Out Week	Hand In Week	Weighting
Healthy Lifestyle task (semester 1)	Term 1, week 6	Term 1, week 8	30% (S1)
Road Safety Campaign (semester 2)	Term 3, week 6	Term 3, week 8	30% (S2)
Classwork & Bookwork (each semester)	N/A	N/A	10% (S1) 10% (S2)
Practical Skill (each semester)	N/A	N/A	40% (S1) 40% (S2)
Practical Participation and Teamwork (each semester)	N/A	N/A	20% (S1) 20% (S2)
			Sem 1 Sem 2
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