

Year 11 Personal Development, Health and Physical Education Scope and Sequence – 2022

	1	2	3	4	5	6	7	8	9	10	11
TERM 1 2022	<p>Core 2 The Body in Motion This 10 week compulsory module examines the scientific foundations of human movement. In this module, students explore how the body moves and why it moves in particular ways. Students focus on the relationships between anatomy, physiology, fitness, biomechanics and efficient human movement.</p> <p>This module builds upon introductory research opportunities integrated throughout the Preliminary course. It focuses on the processes of inquiry and research, allowing students to pursue an area of interest in an Independent Research Project. The course is designed so that elements of the Independent Research Project can be facilitated by the teacher. The skills and understanding related to research methodology should be developed throughout the study of both the Preliminary and HSC courses.</p> <p>Module focus: Critical Questions How do the musculoskeletal and cardiorespiratory systems of the body influence and respond to movement? What is the relationship between physical fitness, training and movement efficiency? How do biomechanical principles influence movement?</p> <p>Outcomes : P7 Explains how the body systems influence the way the body moves. P8 Describes the components of physical fitness and explains how they are monitored P10 Plans for participation in physical activity to satisfy a range of individual needs P11 Assesses and monitors physical fitness levels and physical activity patterns P16 Uses a range of sources to draw conclusions about health and physical activity concepts.</p> <p>PDHPE Skills:</p> <ul style="list-style-type: none"> - Collecting, analysing and organising information - Communicating ideas and information - Using Mathematical ideas and techniques - Using technology <p style="margin-left: 200px;">- Written responses (short answer questions) - How to annotate a question - Cornell note taking : summarising</p> <p>LDW : Think why and how , GRIT, Focus, Build new ideas</p>										
Assessment Task 1 Body in Motion Analysis Task 30% Term 1 Week 9											

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TERM 2 2022	<p>Core 1 Better Health for Individuals This 10 week compulsory module examines the meanings of health, the perceptions individuals have about health and the range of factors and behaviours that influence health. Students are introduced to health promotion and investigate approaches and strategies that can assist individuals to achieve better health.</p> <p>Module Focus : Critical questions : What does health mean to individuals? What influences the health of individuals? What strategies help to promote the health of individuals?.</p> <p>Outcomes : P1 Identifies and examines why individuals give different meanings to health. P3 Describes how an individual's health is determined by a range of factors P16 Uses a range of sources to draw conclusions about health and physical activity concepts</p> <p>PDHPE Skills:</p> <ul style="list-style-type: none"> - Collecting analysing and organising information - Planning and organising activities - Solving problems <p style="margin-left: 200px;">- Cornell note taking - Short answer questions and extended responses - Annotating questions</p> <p style="margin-left: 400px;">- Graph analysis and data interpretation</p> <p>LDW : Grit, Focus, Teamwork, Curiosity, Empathy</p>									
Assessment Task 2 Case Study 30% Term 2 Week 7										

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TERM 3 2022	<p>Option 1 First Aid This 4 week option module addresses the need for a well-rehearsed, established routine in the delivery of first aid. In this module, students engage in the investigation and practical application of the major assessment and management techniques for the types of injury and medical conditions that require first aid attention. They explore the cause and symptoms of these main injuries and medical conditions</p> <p>Module Focus : Critical questions : What are the main priorities for assessment and management of first aid patients? How should the major types of injuries and medical conditions be managed in first aid situations? What does the individual consider in administering first aid?</p> <p>Outcomes : P6 Proposes actions that can improve and maintain an individuals health. P12 Demonstrates strategies for the assessment, management and prevention of injuries in first aid settings. P15 Forms opinions about health promoting actions based on a critical examination of relevant information. P16 Uses a range of sources to draw conclusions about health and physical activity concepts.</p> <p>PDHPE Skills</p> <ul style="list-style-type: none"> - Communicating ideas and information - Solving problems - Accredited First aid course - FoW strategies for extended response questions. - Annotating a question - HSC Verbs - Cornell note taking <p>LDW Focus, Teamwork and Curiosity</p>				<p>Option 2 Fitness Choices This option module examines the exercise options that are available to meet the varying fitness needs of individuals. In this module, students investigate what exercise means to different people and the factors that influence exercise choices. As a major focus of this module, students experience a range of exercise options and evaluate the ability of each to meet individual fitness needs.</p> <p>Module focus : Critical questions : What does exercise mean to different people? What are the ways people to choose to exercise for Fitness? What influences people's choice of fitness activities?</p> <p>Outcomes : P5 Describes the factors that contribute to effective health promotion. P6 Proposes actions that can improve and maintain an individual's health. P10 Plans for participation in physical activity to satisfy a range of individual factors. P15 Forms an opinions about health promoting actions based on the critical examination of relevant information. P16 Uses a range of sources to draw conclusions about health and physical activity concepts P17 Analyses factors influencing movement and patterns of participation.</p> <p>PDHPE Skills</p> <ul style="list-style-type: none"> - Collecting, analysing and organising information - Communication ideas and information - Annotating a question - HSC Verbs - FOW strategies - Written responses under timed conditions. <p>LDW Think why and how, Influence</p>			Yearly Exams Week 8- 9		Yearly Exam Feedback	
	Assessment Task 3 Preliminary Exams 40% Week 8-9										