



SAMPLE COURSE OUTLINE

**HEALTH, PHYSICAL AND OUTDOOR EDUCATION
FOUNDATION YEAR 12**

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Sample course outline

Health, Physical and Outdoor Education – Foundation Year 12

Unit 3 and Unit 4

Week	Syllabus content
1	<p>Healthy lifestyles – C12.1 (3 sessions) Lifestyle</p> <ul style="list-style-type: none"> • components of lifestyle <ul style="list-style-type: none"> ▪ school and work ▪ nutrition ▪ physical activity and recreation ▪ sleep • benefits of a balanced lifestyle <p>Coaching 2 – E12.1 (1 session) Group organisation, programs and techniques</p> <ul style="list-style-type: none"> • gathering information about an athlete or group of athletes
2	<p>Healthy lifestyles – C12.1 (2 sessions) Lifestyle</p> <ul style="list-style-type: none"> • factors influencing health and wellbeing <ul style="list-style-type: none"> ▪ physical environments ▪ media and technology ▪ education ▪ personal skills and behaviours <p>Coaching 2 – E12.1 (2 sessions) Group organisation, programs and techniques</p> <ul style="list-style-type: none"> • setting goals for athletes • principles for planning effective coaching sessions <ul style="list-style-type: none"> ▪ ensuring variety and maximum participation ▪ using drills which cover a range of ability levels
3	<p>Healthy lifestyles – C12.1 (1 session) Lifestyle</p> <ul style="list-style-type: none"> • strategies for supporting and promoting a healthy lifestyle <p>Coaching 2 – E12.1 (2 sessions) Group organisation, programs and techniques</p> <ul style="list-style-type: none"> • principles for planning effective coaching sessions <ul style="list-style-type: none"> ▪ providing for smooth transitions between activities ▪ allocating time efficiently • effective communication strategies <ul style="list-style-type: none"> ▪ the use of clear instructions ▪ checking for understanding ▪ provision of encouragement ▪ use of active listening <p>Team games and sports 2 – E12.10 (1 session)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills <ul style="list-style-type: none"> ▪ short pass ▪ control of low ball • basic game tactics <ul style="list-style-type: none"> ▪ passing in front of moving players

Week	Syllabus content
4	<p>Healthy lifestyles – C12.1 (2 sessions) Nutrition</p> <ul style="list-style-type: none"> • sampling of the Australian Dietary Guidelines for <ul style="list-style-type: none"> ▪ children and adolescents ▪ adults • influences on nutritional choices and behaviours <p>Coaching 2 – E12.1 (1 session) Group organisation, programs and techniques</p> <ul style="list-style-type: none"> • effective communication strategies <ul style="list-style-type: none"> ▪ the use of clear instructions ▪ checking for understanding ▪ provision of encouragement ▪ use of active listening <p>Team games and sports 2 – E12.10 (1 session)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills <ul style="list-style-type: none"> ▪ dribbling • basic game tactics <ul style="list-style-type: none"> ▪ passing in front of moving players ▪ dodging defenders
5	<p>Healthy lifestyles – C12.1 (2 sessions) Physical activity</p> <ul style="list-style-type: none"> • Australian Physical Activity and Sedentary Behaviour Guidelines for young people and adults • health and social benefits of regular participation in physical activity • social, environmental and personal factors influencing physical activity participation <p>Task 1: Analysis of personal dietary intake and activity levels</p> <p>Coaching 2 – E12.1 (1 session) Group organisation, programs and techniques</p> <ul style="list-style-type: none"> • motivational strategies/techniques – extrinsic and intrinsic rewards to maintain player engagement and interest <p>Team games and sports 2 – E12.10 (1 session)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills <ul style="list-style-type: none"> ▪ heading • basic game tactics <ul style="list-style-type: none"> ▪ moving to space ▪ maintaining possession
6	<p>Coaching 2 – E12.1 (2 sessions) Conducting a coaching session</p> <ul style="list-style-type: none"> • planning coaching programs which are sequential and provide challenge for athletes, with a specific focus on improving skills and tactics in a selected sport <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills <ul style="list-style-type: none"> ▪ long lofted pass ▪ control of a high ball

Week	Syllabus content
7	<p>Coaching 2 – E12.1 (2 sessions) Conducting a coaching session</p> <ul style="list-style-type: none"> • ways to provide feedback to athletes <ul style="list-style-type: none"> ▪ immediate and specific ▪ focus on the positive ▪ use of verbal and non-verbal cues <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills • basic game tactics <ul style="list-style-type: none"> ▪ establishing and maintaining body position to protect the ball/create space ▪ intercepting passes ▪ making appropriate decisions
8	<p>Coaching 2 – E12.1 (2 sessions) Conducting a coaching session</p> <ul style="list-style-type: none"> • assessing and minimising risk to athletes <ul style="list-style-type: none"> ▪ identification of risk in differing environmental conditions (hot/humid; cold/wet) ▪ strategies to avoid and reduce risk ▪ review of risk management practices <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills
9	<p>Coaching 2 – E12.1 (2 sessions) Conducting a coaching session</p> <ul style="list-style-type: none"> • emergency action plans as related to dealing with injury <ul style="list-style-type: none"> ▪ STOP – stop, talk, observe and prevent ▪ RICER – rest, ice, compression, elevation, referral <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills <p>Task 2: Assessment of individual skills and tactics in soccer</p>
10	<p>Coaching 2 – E12.1 (2 sessions) Task 3: Assessment of coaching session with peers</p> <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of soccer skills <p>Task 2: Assessment of individual skills and tactics in soccer</p>
11	<p>Coaching 2 – E12.1 (2 sessions) Task 3: Assessment of coaching session with peers</p> <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of netball skills <ul style="list-style-type: none"> ▪ shoulder pass ▪ chest pass ▪ bounce pass ▪ two foot land • basic game tactics <ul style="list-style-type: none"> ▪ passing in front of moving players ▪ dodging defenders

Week	Syllabus content
12	<p>Management of sporting injuries – E12.6 (2 sessions) Prevention of sporting injuries</p> <ul style="list-style-type: none"> • the importance of safe environments for participation • the role of modified rules • identification and creation of safe environments • proper techniques for warming up and stretching prior to physical activity • identification and use of appropriate protective equipment <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of netball skills <ul style="list-style-type: none"> ▪ lob pass ▪ shadowing • basic game tactics <ul style="list-style-type: none"> ▪ moving to space ▪ maintaining possession
13	<p>Management of sporting injuries – E12.6 (2 sessions)</p> <ul style="list-style-type: none"> • types of soft tissue injuries <ul style="list-style-type: none"> ▪ bruises ▪ sprains ▪ strains ▪ overuse injuries • signs and symptoms of common soft tissue sporting injuries <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of netball skills <ul style="list-style-type: none"> ▪ split and reoffer ▪ front cut • basic game tactics <ul style="list-style-type: none"> ▪ establishing and maintaining body position to protect the ball/create space ▪ intercepting passes ▪ making appropriate decisions
14	<p>Management of sporting injuries – E12.6 (2 sessions)</p> <ul style="list-style-type: none"> • RICER protocol <ul style="list-style-type: none"> ▪ Rest ▪ Ice ▪ Compression ▪ Elevation ▪ Referral <p>Team games and sports 2 – E12.10 (1 session) Task 5: Assessment of individual skills and tactics in netball Task 4: External set task (1 session)</p>
15	<p>Management of sporting injuries – E12.6 (2 sessions)</p> <ul style="list-style-type: none"> • No HARM protocol <ul style="list-style-type: none"> ▪ No Heat ▪ No Alcohol ▪ No Running (or activity) ▪ No Massage • basic strapping/taping techniques <p>Task 6: Topic test – management of sporting injuries</p> <p>Team games and sports 2 – E12.10 (2 sessions)</p> <ul style="list-style-type: none"> • develop repertoire of netball skills <p>Task 5: Assessment of individual skills and tactics in netball</p>

Week	Syllabus content
16	<p>Health promotion – C12.2 (2 sessions) Personal health influences</p> <ul style="list-style-type: none"> • personal behaviours and decisions influencing health • the impact of beliefs, attitudes and values on decision making <p>Actions to improve health – E12.4 (2 sessions) Factors influencing health and wellbeing</p> <ul style="list-style-type: none"> • social and cultural influences • media and technology
17	<p>Health promotion – C12.2 (2 sessions) Factors influencing health</p> <ul style="list-style-type: none"> • features of the natural and built environment • education <p>Actions to improve health – E12.4 (2 sessions) Factors influencing health and wellbeing</p> <ul style="list-style-type: none"> • physical and social environments • beliefs, attitudes and values
18	<p>Health promotion – C12.2 (2 sessions) Factors influencing health</p> <ul style="list-style-type: none"> • employment and income • access to services, transport and healthy food • social exclusion <p>Actions to improve health – E12.4 (2 sessions) Action plans to improve health</p> <ul style="list-style-type: none"> • strategies and resources for improving health and wellbeing
19	<p>Health promotion – C12.2 (2 sessions) Factors influencing health</p> <ul style="list-style-type: none"> • social exclusion <p>Actions to improve health – E12.4 (2 sessions) Action plans to improve health</p> <ul style="list-style-type: none"> • investigation of a health issue <ul style="list-style-type: none"> ▪ define the issue ▪ examine how it affects health ▪ analyse the factors which contribute to the issue
20	<p>Health promotion – C12.2 (2 sessions) Health promotion approaches and programs</p> <ul style="list-style-type: none"> • individual approaches to improving health <ul style="list-style-type: none"> ▪ screening ▪ health education ▪ developing personal skills <p>Actions to improve health – E12.4 (2 sessions) Action plans to improve health</p> <ul style="list-style-type: none"> • components of an action plan to address a health issue <ul style="list-style-type: none"> ▪ objectives ▪ strategies to achieve objectives ▪ resources required ▪ barriers ▪ evaluation and monitoring strategies

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21	<p>Health promotion – C12.2 (2 sessions) Health promotion approaches and programs</p> <ul style="list-style-type: none"> • community approaches to improving health <ul style="list-style-type: none"> ▪ community action ▪ public health campaigns <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Preparation</p> <ul style="list-style-type: none"> • requirements for, and effective use of, personal protective equipment specific to mountain biking • safe practices for participation <ul style="list-style-type: none"> ▪ maintaining safe equipment ▪ following safety rules/guidelines
22	<p>Health promotion – C12.2 (2 sessions) Health promotion approaches and programs</p> <ul style="list-style-type: none"> • health promotion actions and strategies <p>Task 7: Planning a campaign to improve the health of the community</p> <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Preparation</p> <ul style="list-style-type: none"> • assessment of risk in relation to participation in mountain biking • application of risk management strategies
23	<p>Actions to improve health – E12.4 (2 sessions)</p> <ul style="list-style-type: none"> • in-class assessment to research and address a health issue <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Preparation</p> <ul style="list-style-type: none"> • procedures and systems that are relevant to mountain biking and equipment • roles and responsibilities of participants, leaders and external providers
24	<p>Actions to improve health – E12.4 (2 sessions)</p> <ul style="list-style-type: none"> • in-class assessment to research and address a health issue <p>Task 8: Investigation and research into a health issue</p> <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Preparation</p> <ul style="list-style-type: none"> • emergency procedures for mountain biking
25	<p>Minimising environmental impact – E12.7 (1 session) Leave No Trace (LNT) principles</p> <ul style="list-style-type: none"> • definition of natural environments • benefit of natural environments to individuals and society <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (3 sessions) Skills</p> <ul style="list-style-type: none"> • individual skills specific to mountain biking <ul style="list-style-type: none"> ▪ riding ▪ braking • personal and group performance skills <ul style="list-style-type: none"> ▪ teamwork ▪ cooperation

Week	Syllabus content
26	<p>Minimising environmental impact – E12.7 (1 session) Leave No Trace (LNT) principles</p> <ul style="list-style-type: none"> • different ways in which recreational activities can harm the environment • LNT principles <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Skills</p> <ul style="list-style-type: none"> • individual skills specific to mountain biking <ul style="list-style-type: none"> ▪ riding ▪ braking ▪ balancing • personal and group performance skills <ul style="list-style-type: none"> ▪ assertive communication ▪ negotiation ▪ compromise
27	<p>Minimising environmental impact – E12.7 (2 sessions) Leave No Trace (LNT) principles</p> <ul style="list-style-type: none"> • application of the LNT principles in different expedition activities and environments • application of the LNT principles to everyday life <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Skills</p> <ul style="list-style-type: none"> • individual skills specific to mountain biking <ul style="list-style-type: none"> ▪ riding ▪ braking ▪ cornering • personal and group performance skills <ul style="list-style-type: none"> ▪ problem solving ▪ provision of constructive feedback
28	<p>Minimising environmental impact – E12.7 (2 sessions) Sustainable measures</p> <ul style="list-style-type: none"> • benefits of applying energy efficient/green living practices • strategies, appliances and equipment which support green living <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (3 sessions) Skills</p> <ul style="list-style-type: none"> • individual skills specific to mountain biking <ul style="list-style-type: none"> ▪ riding ▪ braking ▪ hill climbing ▪ hill descending • personal and group performance skills <ul style="list-style-type: none"> ▪ tolerance ▪ encouragement ▪ empathy ▪ respect ▪ resilience

Week	Syllabus content
29	<p>Minimising environmental impact – E12.7 (2 sessions) Sustainable measures</p> <ul style="list-style-type: none"> • benefits of applying energy efficient/green living practices • strategies, appliances and equipment which support green living <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions) Skills</p> <ul style="list-style-type: none"> • individual skills specific to mountain biking <ul style="list-style-type: none"> ▪ riding ▪ braking ▪ hill climbing ▪ hill descending • minimum impact practices appropriate to the environment and activity
30	<p>Minimising environmental impact – E12.7 (1 session) Task 10: Topic test – minimising environmental impact</p> <p>Outdoor adventure activities: skills and techniques 2 – E12.9 (3 sessions) Task 9: Practical assessment of mountain biking skills</p>