**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 | **Healthy lifestyles – C12.1 (3 sessions)**  Lifestyle   * components of lifestyle * school and work * nutrition * physical activity and recreation * sleep * benefits of a balanced lifestyle   **Coaching 2 – E12.1 (1 session)**  Group organisation, programs and techniques   * gathering information about an athlete or group of athletes |
| 2 | **Healthy lifestyles – C12.1 (2 sessions)**  Lifestyle   * factors influencing health and wellbeing * physical environments * media and technology * education * personal skills and behaviours   **Coaching 2 – E12.1 (2 sessions)**  Group organisation, programs and techniques   * setting goals for athletes * principles for planning effective coaching sessions * ensuring variety and maximum participation * using drills which cover a range of ability levels |
| 3 | **Healthy lifestyles – C12.1 (1 session)**  Lifestyle   * strategies for supporting and promoting a healthy lifestyle   **Coaching 2 – E12.1 (2 sessions)**  Group organisation, programs and techniques   * principles for planning effective coaching sessions * providing for smooth transitions between activities * allocating time efficiently * effective communication strategies * the use of clear instructions * checking for understanding * provision of encouragement * use of active listening   **Team games and sports 2 – E12.10 (1 session)**   * develop repertoire of soccer skills * short pass * control of low ball * basic game tactics * passing in front of moving players |
| 4 | **Healthy lifestyles – C12.1 (2 sessions)**  Nutrition   * sampling of the Australian Dietary Guidelines for * children and adolescents * adults * influences on nutritional choices and behaviours   **Coaching 2 – E12.1 (1 session)**  Group organisation, programs and techniques   * effective communication strategies * the use of clear instructions * checking for understanding * provision of encouragement * use of active listening   **Team games and sports 2 – E12.10 (1 session)**   * develop repertoire of soccer skills * dribbling * basic game tactics * passing in front of moving players * dodging defenders |
| 5 | **Healthy lifestyles – C12.1 (2 sessions)**  Physical activity   * 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   **Task 1:** Analysis of personal dietary intake and activity levels  **Coaching 2 – E12.1 (1 session)**  Group organisation, programs and techniques   * motivational strategies/techniques – extrinsic and intrinsic rewards to maintain player engagement and interest   **Team games and sports 2 – E12.10 (1 session)**   * develop repertoire of soccer skills * heading * basic game tactics * moving to space * maintaining possession |
| 6 | **Coaching 2 – E12.1 (2 sessions)**  Conducting a coaching session   * planning coaching programs which are sequential and provide challenge for athletes, with a specific focus on improving skills and tactics in a selected sport   **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of soccer skills * long lofted pass * control of a high ball |
| 7 | **Coaching 2 – E12.1 (2 sessions)**  Conducting a coaching session   * ways to provide feedback to athletes * immediate and specific * focus on the positive * use of verbal and non-verbal cues   **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of soccer skills * basic game tactics * establishing and maintaining body position to protect the ball/create space * intercepting passes * making appropriate decisions |
| 8 | **Coaching 2 – E12.1 (2 sessions)**  Conducting a coaching session   * assessing and minimising risk to athletes * identification of risk in differing environmental conditions (hot/humid; cold/wet) * strategies to avoid and reduce risk * review of risk management practices   **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of soccer skills |
| 9 | **Coaching 2 – E12.1 (2 sessions)**  Conducting a coaching session   * emergency action plans as related to dealing with injury * STOP – stop, talk, observe and prevent * RICER – rest, ice, compression, elevation, referral   **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of soccer skills   **Task 2:** Assessment of individual skills and tactics in soccer |
| 10 | **Coaching 2 – E12.1 (2 sessions)**  **Task 3:** Assessment of coaching session with peers  **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of soccer skills   **Task 2:** Assessment of individual skills and tactics in soccer |
| 11 | **Coaching 2 – E12.1 (2 sessions)**  **Task 3:** Assessment of coaching session with peers  **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of netball skills * shoulder pass * chest pass * bounce pass * two foot land * basic game tactics * passing in front of moving players * dodging defenders |
| 12 | **Management of sporting injuries – E12.6 (2 sessions)**  Prevention of sporting injuries   * 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   **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of netball skills * lob pass * shadowing * basic game tactics * moving to space * maintaining possession |
| 13 | **Management of sporting injuries – E12.6 (2 sessions)**   * types of soft tissue injuries * bruises * sprains * strains * overuse injuries * signs and symptoms of common soft tissue sporting injuries   **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of netball skills * split and reoffer * front cut * basic game tactics * establishing and maintaining body position to protect the ball/create space * intercepting passes * making appropriate decisions |
| 14 | **Management of sporting injuries – E12.6 (2 sessions)**   * RICER protocol * Rest * Ice * Compression * Elevation * Referral   **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) |
| 15 | **Management of sporting injuries – E12.6 (2 sessions)**   * No HARM protocol * No Heat * No Alcohol * No Running (or activity) * No Massage * basic strapping/taping techniques   **Task 6:** Topic test – management of sporting injuries  **Team games and sports 2 – E12.10 (2 sessions)**   * develop repertoire of netball skills   **Task 5:** Assessment of individual skills and tactics in netball |
| 16 | **Health promotion – C12.2 (2 sessions)**  Personal health influences   * personal behaviours and decisions influencing health * the impact of beliefs, attitudes and values on decision making   **Actions to improve health – E12.4 (2 sessions)**  Factors influencing health and wellbeing   * social and cultural influences * media and technology |
| 17 | **Health promotion – C12.2 (2 sessions)**  Factors influencing health   * features of the natural and built environment * education   **Actions to improve health – E12.4 (2 sessions)**  Factors influencing health and wellbeing   * physical and social environments * beliefs, attitudes and values |
| 18 | **Health promotion – C12.2 (2 sessions)**  Factors influencing health   * employment and income * access to services, transport and healthy food * social exclusion   **Actions to improve health – E12.4 (2 sessions)**  Action plans to improve health   * strategies and resources for improving health and wellbeing |
| 19 | **Health promotion – C12.2 (2 sessions)**  Factors influencing health   * social exclusion   **Actions to improve health – E12.4 (2 sessions)**  Action plans to improve health   * investigation of a health issue * define the issue * examine how it affects health * analyse the factors which contribute to the issue |
| 20 | **Health promotion – C12.2 (2 sessions)**  Health promotion approaches and programs   * individual approaches to improving health * screening * health education * developing personal skills   **Actions to improve health – E12.4 (2 sessions)**  Action plans to improve health   * components of an action plan to address a health issue * objectives * strategies to achieve objectives * resources required * barriers * evaluation and monitoring strategies |
| 21 | **Health promotion – C12.2 (2 sessions)**  Health promotion approaches and programs   * community approaches to improving health * community action * public health campaigns   **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Preparation   * requirements for, and effective use of, personal protective equipment specific to mountain biking * safe practices for participation * maintaining safe equipment * following safety rules/guidelines |
| 22 | **Health promotion – C12.2 (2 sessions)**  Health promotion approaches and programs   * health promotion actions and strategies   **Task 7:** Planning a campaign to improve the health of the community  **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Preparation   * assessment of risk in relation to participation in mountain biking * application of risk management strategies |
| 23 | **Actions to improve health – E12.4 (2 sessions)**   * in-class assessment to research and address a health issue   **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Preparation   * procedures and systems that are relevant to mountain biking and equipment * roles and responsibilities of participants, leaders and external providers |
| 24 | **Actions to improve health – E12.4 (2 sessions)**   * in-class assessment to research and address a health issue   **Task 8:** Investigation and research into a health issue  **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Preparation   * emergency procedures for mountain biking |
| 25 | **Minimising environmental impact – E12.7 (1 session)**  Leave No Trace (LNT) principles   * definition of natural environments * benefit of natural environments to individuals and society   **Outdoor adventure activities: skills and techniques 2 – E12.9 (3 sessions)**  Skills   * individual skills specific to mountain biking * riding * braking * personal and group performance skills * teamwork * cooperation |
| 26 | **Minimising environmental impact – E12.7 (1 session)**  Leave No Trace (LNT) principles   * different ways in which recreational activities can harm the environment * LNT principles   **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Skills   * individual skills specific to mountain biking * riding * braking * balancing * personal and group performance skills * assertive communication * negotiation * compromise |
| 27 | **Minimising environmental impact – E12.7 (2 sessions)**  Leave No Trace (LNT) principles   * application of the LNT principles in different expedition activities and environments * application of the LNT principles to everyday life   **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Skills   * individual skills specific to mountain biking * riding * braking * cornering * personal and group performance skills * problem solving * provision of constructive feedback |
| 28 | **Minimising environmental impact – E12.7 (2 sessions)**  Sustainable measures   * benefits of applying energy efficient/green living practices * strategies, appliances and equipment which support green living   **Outdoor adventure activities: skills and techniques 2 – E12.9 (3 sessions)**  Skills   * individual skills specific to mountain biking * riding * braking * hill climbing * hill descending * personal and group performance skills * tolerance * encouragement * empathy * respect * resilience |
| 29 | **Minimising environmental impact – E12.7 (2 sessions)**  Sustainable measures   * benefits of applying energy efficient/green living practices * strategies, appliances and equipment which support green living   **Outdoor adventure activities: skills and techniques 2 – E12.9 (2 sessions)**  Skills   * individual skills specific to mountain biking * riding * braking * hill climbing * hill descending * minimum impact practices appropriate to the environment and activity |
| 30 | **Minimising environmental impact – E12.7 (1 session)**  **Task 10:** Topic test – minimising environmental impact  **Outdoor adventure activities: skills and techniques 2 – E12.9 (3 sessions)**  **Task 9:** Practical assessment of mountain biking skills |