**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 |