

## Year 10 - PDHPE 2022

### TERM 1

#### **Theory: Understanding Sexual Health and Sexuality, and Personal Identity**

Students learn about planning and prioritising strategies in their community to empower individuals to lead healthy, safe and active lifestyles for the benefit of one's wellbeing. Students will learn to plan and advocate for health, safety and wellbeing in terms of sexual health.

#### **Practical: Invasion games, Fitness and Athletics**

Throughout the term, students will engage in invasion games such as ultimate frisbee, end-zone and touch where they develop, implement and evaluate movement concepts and strategies. Students will participate in fitness testing, including muscular endurance and cardiovascular fitness. Students will provide and apply feedback to develop and refine specialised movement skills in a range of challenging movement situations in athletics activities.

#### **UNIT OVERVIEW**

#### **ASSESSMENT**

##### **THEORY:**

- Understanding sexual health
- Gender and sexuality
- Consent
- Accessing Health Products and Services
- Who and what shapes our identity?
- Personal views, beliefs and values
- Shaping our personal identity: goals and achievements
- Discrimination
- Diversity is something to celebrate
- Supporting Others
- Norms, Stereotypes and Expectations
- Sense of identity, health and wellbeing
- Ways to support yourself and others

##### **PRACTICAL:**

- Ultimate Frisbee
- Endzone
- Athletics

##### **FITNESS TESTING:**

- Cardiovascular fitness - beep test
- Muscular endurance - Sit up test

##### **Task Number: 1**

Nature of Task: Research task and video design

Percentage: 25%

Week: 8

Reported: Semester 1

##### **Task Number: 2**

Nature of Task: Cumulative practical effort and application of skills in different invasion games

Percentage: 15%

Week: Throughout Semester 1

Reported: Semester 1

##### **Task Number: 3**

Nature of Task: Muscular endurance and cardiovascular endurance

Percentage: 10%

Week: Term 1, Week 1- Term 1, Week 10

Reported: Semester 1

**TIMING**  
10  
Weeks

## Year 10 - PDHPE 2022

### TERM 2

**Theory: Healthy Relationships**

Students learn about developing skills and strategies that promote inclusivity, equality and respectful relationships. Students will explore ethical responsibilities in relationships, how the balance of power effects relationships and strategies to manage situation involving conflict.

**Practical: Striking, Net Games and Court games**

Throughout the term, students will engage in a range of striking, net based and court-based games. Students will use feedback to create adaptations to movement skills to make them more effective in different contexts. Students will create new rules, strategies and tactics to improve movement and evaluate the effects these have on performance.

**UNIT OVERVIEW**

**ASSESSMENT**

**TIMING**  
10 Weeks

**THEORY:**

- What is a relationship?
- Components of inclusive and equal relationships
- Relationship expectations
- Influences on relationships
- Rights and responsibilities in relationships
- Conflict resolution
- Setting ground rules and boundaries
- Decision-making in relationships
- Active listening
- Dealing with disrespectful relationships
- Ethical and responsible use of social media
- Domestic and dating violence
- Harassment and sexual harassment
- Impacts of abuse
- Staying safe: trust, talk, take control

**PRACTICAL:**

- Athletics
- Cricket
- Softball
- Baseball
- Swedish Longball
- Mini Tennis
- Volleyball
- Kick Tennis
- Badminton
- Basketbal
- Futsal
- European Handball
- Netball

Task Number: 2 (ongoing)  
Nature of Task: Cumulative practical effort and application of skills in different invasion games  
Percentage: 15%  
Week: Throughout Semester 1  
Reported: Semester 1

## Year 10 - PDHPE 2022

### TERM 3

**Theory: Personal Safety**

Students learn about developing strategies that empower individuals to lead healthy, safe and active lifestyles for the benefit of one's wellbeing. Students will plan, rehearse and evaluate options for managing situations where their own and others' health, safety and wellbeing may be at short or long-term risk, specifically focusing on alcohol and road safety.

**Practical: Striking, Court and Net Games**

Throughout the term, students will engage in a range of striking, net based and court-based games. Students will use feedback to create adaptations to movement skills to make them more effective in different contexts. Students will create new rules, strategies and tactics to improve movement and evaluate the effects these have on performance.

**UNIT OVERVIEW**

**ASSESSMENT**

**TIMING**  
10 weeks

**THEORY:**

- Reducing risks
- Alcohol
- Binge drinking
- Effects of alcohol on the body
- Safe partying — reducing the risk
- Reducing the road toll
- Road traffic crashes — the facts
- Road safety and inexperienced drivers
- Mobile phones
- Fatigue
- Alcohol consumption and road safety
- Illicit drugs, medication and road safety
- Speeding

**PRACTICAL:**

- Cricket
- Softball
- Baseball
- Swedish Longball
- Mini Tennis
- Volleyball
- Kick Tennis
- Badminton
- Basketball
- Futsal
- European Handball
- Netball

Task Number: 4

Nature of Task: Fundamental and specialised movement skills test  
Percentage: 15%  
Week: Throughout Term 3  
Reported: Semester 2

Task Number: 5

Nature of Task: Cumulative practical effort and application of skills in court and striking games  
Percentage: 10%  
Week: Throughout Semester 2  
Reported: Semester 2

## Year 10 - PDHPE 2022

### TERM 4

**Theory: Your Health Rights and Responsibilities**

Students learn about how they can plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity. Students will examine and promote young people’s rights to healthcare and support services. They will also evaluate strategies and actions that aim to enhance health and wellbeing in the school and community. Finally, students will predict future challenges and opportunities and the skills required to manage these in a positive way.

**Practical: Invasion Games**

Throughout the term, students will engage in a range of invasion games. Students will use feedback to create adaptations to movement skills to make them more effective in different contexts. Students will create new rules, strategies and tactics to improve movement and evaluate the effects these have on performance. Students will include, assist and lead others during physical activity.

**UNIT OVERVIEW**

**ASSESSMENT**

**TIMING**  
10 weeks

**THEORY:**

- Your health rights and responsibilities
- Sociocultural factors
- Political factors
- Empowering for health and wellbeing
- Empowering individuals and communities
- Aboriginal and Torres Strait Islander peoples — family and community
- Context of health
- Determinants of health
- Individual behaviours that influence health and wellbeing
- Other influences on the health and wellbeing of your community
- Access to community health resources
- Your environment
- Advocating for positive health
- Supportive environments
- Managing change and transition
- Finding the right job
- Preparing for an interview
- Employment for life

**PRACTICAL:**

- Oz-Tag
- Touch
- Gaelic Football
- Soccer (Outdoor)
- Capture the Flag

Task Number: 5 (ongoing)  
Nature of Task: Cumulative practical effort and application of skills in court and striking games  
Percentage: 10%  
Week: Throughout Semester 2  
Reported: Semester 2

Task Number: 6  
Nature of Task: Yearly Examination  
Percentage: 25%  
Week: 2  
Reported: Semester 2