

## Year 10 PDHPE | Stage 5 | 2018

### Year 10 Health

#### Term 1 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
<b>Shifting Gears</b>									
Description: Students explore a range of key road safety messages for young people. They will revisit the concept of risk and identify the various influences that may lead to risk taking behaviour. They will examine a range of human, vehicle and environmental factors that can contribute to crashes, and propose strategies to reduce road crashes.									
Outcomes: 5.2, 5.6, 5.7									
Assessment: Students will be assessed via a project based learning activity and their classwork through a formative assessment tool.									

#### Term 2 - 9 weeks 3 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 3 days)
<b>Affirming Diversity</b>									
Description: Students identify and learn to appreciate the many types of diversity including gender, age, disability, ethnic background, socio economic status and sexuality. Students examine how discrimination affects society.									
Outcomes: 5.2, 5.6									
Assessment: No assessment will be taken of this unit.									

#### Term 3 - 9 weeks 4 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 4 days)
<b>Beautiful Mind</b>									
Description: Students will focus on stress, mental illness, loss and grief whilst exploring positive strategies to cope with these challenges									
Outcomes: 5.6, 5.11, 5.12, 5.15									
Assessment: Students will be assessed via an in-class test in response to a stimulus and their classwork through a formative assessment tool.									

Term 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
<b>Party Crashes</b>									
Description: Students will discuss topics that become pertinent to them as they begin to attend parties such as drug use, risky driving, safe sex, sexual abuse and drink spiking.									
Outcomes: 5.2, 5.3, 5.6, 5.7									
Assessment: No assessment will be taken of this unit.									

Year 10 PE

Term 1 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
<b>Dance</b>					<b>Invasion Games</b>				
Description: In this unit, students will learn and perform various Latin dances, such as the Jive and the Samba					Description: This unit will focus on the skill and physical applications of Invasion Games.				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: Students will be given a subjective A-E grade based on their performances of the dances					Assessment: Students will be given a subjective A-E grade based on their creative dance routine.				

Term 2 - 9 weeks 3 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 3 days)
<b>Goal Scoring Games</b>					<b>Net/Court Games</b>				
Description: This unit will focus on the skill and physical applications of Goal Scoring Games.					Description: This unit will focus on the skill and physical applications of Net/Court Games.				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: No assessment will be taken of this unit.					Assessment: No assessment will be taken of this unit.				

Term 3 - 9 weeks 4 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 4 days)
Being a Team Player					Fitness				
Description: This unit will students creating their own modified game and then teaching the rest of the class					Description: This unit will focus on improving student's fitness and also testing students FMS and components of fitness				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: Students will be peer assessed and also assessed by their teacher for the game they create.					Assessment: Students will complete a self-assessment in regards to their fundamental movement skills and will also be given an A-E grade from their teacher based on their performance in Weeks 6-10.				

Term 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Striking and Fielding Games					Representative Sports				
Description: This unit will focus on the skills and physical applications of Striking and Fielding Games.					Description: This unit will enable students to choose from a range of representative sports to further develop their skills in this chosen area.				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: No assessment will be taken of this unit.					Assessment: No assessment will be taken of this unit.				