

**Stage 4 PDHPE 2020**  
**Georges River College Peakhurst Campus**

| TERM       | WEEK  | YEAR 7   |  | YEAR 8  |   |
|------------|---|--|--|---|---|
|            |   | PRAC   | THEORY   | PRAC  | THEORY  |
| 1          | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10 | <p>MY GREAT BIG ADVENTURE<br/>CIRCUS SKILLS</p> <hr/> <p>CROSS COUNTRY RUN X 2<br/>+ ATHLETICS REFRESHER<br/>BEFORE EACH CARNIVAL.</p> | <p>MY GREAT<br/>BIG ADVENTURE</p>                                  | <p>ABORIGINAL PEOPLE<br/>AND THEIR GAMES</p> <hr/> <p>CROSS COUNTRY RUN X 2<br/>+ ATHLETICS REFRESHER BEFORE<br/>EACH CARNIVAL.</p> | <p>IF IT'S NOT ON<br/>IT'S NOT ON!</p>                            |
| Assessment |   | <p>Group Circus Performance<br/>+ Peer Assessment</p>  | <p><b>Task 1:</b><br/>Topic Test – Quiz<br/>20%</p>                | <p><b>Task 1:</b><br/>Ongoing in class:<br/>Movement skills &amp;<br/>understanding of<br/>Indigenous Games<br/>15%</p>             | <p><b>Task 2:</b><br/>Topic Test – Quiz<br/>15%</p>               |
| 2          | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10 | <p>CARNIVAL PREP CONTINUED</p> <hr/> <p>MODIFIED/<br/>TEAM BUILDING<br/>GAMES</p>  | <p>BETTER VERSION<br/>OF ME</p>                                    | <p>CARNIVAL PREP CONTINUED</p> <hr/> <p>BRING IT ON!<br/>GYMNASTICS</p>   | <p>I WAS<br/>BORN THIS WAY</p>                                    |
| Assessment |   | <p><b>Task 2:</b><br/>Ongoing in class:<br/>Fundamental Movement Skills<br/>Assessment of Modified/Team<br/>games<br/>20%</p>          | <p><b>Task 3:</b><br/>Bullying Video<br/>Stimulus task<br/>15%</p> | <p><b>Task 3:</b><br/>Gymnastics group<br/>composition task<br/>15%</p>   | <p><b>Task 4:</b><br/>Stimulus Task<br/>15%</p>                   |
| 3          | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10 | <p>PASS IT ON - INVASION GAMES</p> <p><i>*Consider Modified/Tactical<br/>Games</i></p>   | <p>OUT OF HARMS WAY</p>  | <p>STRIKING /<br/>FIELDING<br/>GAMES</p> <p><i>*Consider Modified/Tactical<br/>Games</i></p>  | <p>EAT WELL<br/>THINK WELL<br/>BE WELL</p>                        |
| Assessment |   | <p><b>Task 4:</b><br/>Ongoing in class: Movement<br/>skills &amp; understanding in<br/>Invasion Games<br/>15%</p>                      | <p><b>Task 5:</b><br/>Research Presentation<br/>15%</p>            | <p><b>Task 5:</b><br/>Movement skills &amp;<br/>understanding in<br/>Striking/Field games<br/>20%</p>                               | <p><b>Task 6:</b><br/>Public Service<br/>Announcement<br/>20%</p> |
| 4          | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10 | <p>NET / COURT<br/>GAMES</p> <p><i>*Consider Modified/Tactical<br/>Games</i></p> <hr/> <p>COMMIT TO BE FIT – FITNESS<br/>TESTING</p>   | <p>COMMIT TO BE FIT</p>  | <p>TARGET<br/>GAMES</p> <p><i>*Consider Modified/Tactical<br/>Games</i></p>   | <p>BE A CRITICAL<br/>CONSUMER</p>                                 |
| Assessment |   | <p><b>Task 6:</b><br/>Ongoing in class: Movement<br/>skills &amp; understanding in<br/>Invasion Games<br/>15%</p>                      | <p>Fitness Testing Self-<br/>Evaluation</p>                        | <p>Ongoing formative<br/>Assessment – Modified game<br/>creation</p>  | <p>Ongoing formative<br/>assessment</p>                           |

## Stage 5 PDHPE 2020 Georges River College Peakhurst Campus

| TERM       | WEEK | YEAR 9  |   | YEAR 10   |   |
|------------|------|---|---|---|---|
|            |      | PRAC  | THEORY  | PRAC  | THEORY  |
| 1          | 1    | <b>STICK IT!</b><br><b>GYMNASTICS TRAMP/VAULT</b>   | <b>STICK IT!</b><br><b>GYMNASTICS TRAMP/VAULT</b>                                       | <b>GYMSPORTS</b><br>(DANCE/GYM ROUTINE)   | <b>GYMSPORTS</b><br>(DANCE/GYM ROUTINE)   |
|            | 2    |   |   |   |   |
|            | 3    |   |   |   |   |
|            | 4    |   |   |   |   |
|            | 5    |   |   |   |   |
|            | 6    |   |   |   |   |
|            | 7    |   |   |   |   |
|            | 8    |   |   |   |   |
|            | 9    | <b>CROSS COUNTRY RUN X 2</b><br><b>+ ATHLETICS REFRESHER</b><br><b>BEFORE EACH CARNIVAL.</b>  | <b>LET'S TALK ABOUT SEX</b>   | <b>CROSS COUNTRY RUN X 2</b><br><b>+ ATHLETICS REFRESHER</b><br><b>BEFORE EACH CARNIVAL.</b>  | <b>What's the Risk?</b>   |
|            | 10   |   |   |   |   |
| Assessment |      | <b>Task 1:</b><br><br><b>Gymnastics Assessment</b><br><b>15%</b>  | <b>Task 2:</b><br><br><b>Public Service Announcement</b><br><b>(PSA)</b><br><b>15%</b>  | <b>Task 1:</b><br><br><b>Gym Sports</b><br><b>Group</b><br><b>Composition</b><br><b>15%</b>   | <b>Task 2:</b><br><br><b>Extended Response</b><br><b>(Half Yearly Task)</b><br><b>15%</b> |
| 2          | 1    | <b>CARNIVAL PREP CONTINUED</b>  | <b>LET'S TALK</b><br><b>ABOUT SEX (Cont)</b>  | <b>CARNIVAL PREP CONTINUED</b>  | <b>What's the Risk?</b>   |
|            | 2    |   |   |   |   |
|            | 3    |   |   |   |   |
|            | 4    | <b>RACQUET SPORTS</b>   |   | <b>STRIKING GAMES</b>   |   |
|            | 5    | <ul style="list-style-type: none"> <li>BADMINTON</li> </ul>   |   | <ul style="list-style-type: none"> <li>SLIDE HOCKEY</li> </ul>  |   |
|            | 6    | <ul style="list-style-type: none"> <li>MINI TENNIS</li> </ul>   |   | <ul style="list-style-type: none"> <li>SOFTBALL/T-BALL</li> </ul>   |   |
|            | 7    | <ul style="list-style-type: none"> <li>TENNIS</li> </ul>  |   | <ul style="list-style-type: none"> <li>CRICKET</li> </ul>   |   |
|            | 8    | <ul style="list-style-type: none"> <li>TABLE TENNIS</li> </ul>  | <b>SAME SAME</b><br><b>BUT DIFFERENT</b>  | <ul style="list-style-type: none"> <li>GOLF</li> </ul>  | <b>NOBODY IS PERFECT</b>  |
|            | 9    | <ul style="list-style-type: none"> <li>SPEEDMINTON</li> </ul>   |   | <ul style="list-style-type: none"> <li>TENNIS</li> </ul>  |   |
|            | 10   |   |   |   |   |
| Assessment |      | <b>Task 3:</b><br><br><b>Ongoing in class: Movement</b><br><b>skills &amp; understanding in</b><br><b>Racquet Sports</b><br><b>15%</b>  | <b>Task 4:</b><br><br><b>Cronulla Riots Video Stimulus</b><br><b>Task</b><br><b>15%</b> | <b>Task 3:</b><br><br><b>Ongoing in class: Movement</b><br><b>skills &amp; understanding of</b><br><b>Striking Games</b><br><b>15%</b>        | <b>Task 4:</b><br><br><b>Oral Presentation</b><br><b>15%</b>                              |
| 3          | 1    | <b>NET / COURT GAMES</b>  | <b>SAME SAME</b><br><b>BUT DIFFERENT</b><br><b>(CONTINUED)</b>                          | <b>NON-TRADITIONAL GAMES</b>  | <b>NOBODY IS</b><br><b>PERFECT (Cont)</b>   |
|            | 2    |   |   |   |   |
|            | 3    | <ul style="list-style-type: none"> <li>NETBALL</li> </ul>   |   | <ul style="list-style-type: none"> <li>ULTIMATEFRISBEE</li> </ul>   |   |
|            | 4    | <ul style="list-style-type: none"> <li>BASKETBALL</li> </ul>  |   | <ul style="list-style-type: none"> <li>FRISBEE GOLF</li> </ul>  |   |
|            | 5    | <ul style="list-style-type: none"> <li>VOLLEYBALL</li> </ul>  |   | <ul style="list-style-type: none"> <li>VORTEX</li> </ul>  |   |
|            | 6    | <ul style="list-style-type: none"> <li>EUROPEAN</li> </ul>  |   | <ul style="list-style-type: none"> <li>LACROSS</li> </ul>   |   |
|            | 7    | <ul style="list-style-type: none"> <li>HANDBALL</li> </ul>  | <b>A STRONGER ME</b>  | <ul style="list-style-type: none"> <li>SCOOP BALL</li> </ul>  | <b>B Street</b><br><b>Smart</b>   |
|            | 8    | <i>*Consider Modified/Tactical Games</i>  |   | <i>*Consider Modified/Tactical Games</i>  |   |
|            | 9    |   |   |   |   |
|            | 10   |   |   |   |   |
| Assessment |      | <b>Task 5:</b><br><br><b>Ongoing in class: Movement</b><br><b>skills &amp; understanding of</b><br><b>Net/Court games</b><br><b>20%</b> | <b>Ongoing formative</b><br><b>assessment</b>   | <b>Task 5:</b><br><br><b>Ongoing in class: Movement</b><br><b>skills &amp; understanding of</b><br><b>Non-Traditional Games</b><br><b>15%</b> | <b>Ongoing formative</b><br><b>assessment</b>   |
| 4          | 1    | <b>FOOTBALL FRENZY</b>  | <b>A STRONGER ME</b><br><b>(CONTINUED)</b>  | <b>FITNESS FOR FUN</b>  | <b>DO YOU WANT</b><br><b>FRIES WITH THAT?</b><br><b>(Entering the workplace)</b>          |
|            | 2    |   |   |   |   |
|            | 3    | <ul style="list-style-type: none"> <li>SOCCER</li> </ul>  | <i>+ Include Yearly revision</i>  | <ul style="list-style-type: none"> <li>BOXING</li> </ul>  |   |
|            | 4    | <ul style="list-style-type: none"> <li>TOUCH FOOTBALL</li> </ul>  |   | <ul style="list-style-type: none"> <li>FITNESS ROOM</li> </ul>  |   |
|            | 5    | <ul style="list-style-type: none"> <li>OZTAG</li> </ul>   |   | <ul style="list-style-type: none"> <li>BOOTCAMP</li> </ul>  |   |
|            | 6    | <ul style="list-style-type: none"> <li>AFL</li> </ul>   | <b>MY DIGITAL FOOTPRINT</b><br><b>'TAGGED/THE HUNTING'</b>                              | <ul style="list-style-type: none"> <li>INSANITY</li> </ul>  | <i>+ Include Yearly revision</i>  |
|            | 7    | <i>*Consider Modified/Tactical Games</i>  |   |   |   |
|            | 8    |   |   |   |   |
|            | 9    |   |   |   |   |
|            | 10   |   |   |   |   |
| Assessment |      | <b>Peer assessment</b>  | <b>Task 6:</b><br><b>Yearly Examination</b><br><b>20%</b>                               | <b>Ongoing formative</b><br><b>Assessment – Fitness game</b><br><b>creation</b>   | <b>Task 6:</b><br><b>Yearly Examination</b><br><b>20%</b>                                 |