

Early Stage 1 PDHPE Scope and sequence

Term 1	Term 2	Term 3	Term 4
<p>I am special Strand: Growth & Development Outcomes: GDES1.9 COES1.1 INES1.3 DMES1.2 V1,V5</p> <p>Enjoy being active Strand: Active Lifestyle Outcomes: ALES1.6 MOES1.4 V5 FMS: sprint run, skip, hop</p>	<p>Me and my friends Strand: Interpersonal Relationships Outcomes: IRES1.11 INES1.3 COES1.1 V1, V2, V3</p> <p>Move and explore Strand: Gymnastics/ Dance Outcomes: DAES1.7 GYES1.10 MOES1.4 PSES1.5 V5 FMS: balance, vertical jump, side gallop</p>	<p>Healthy habits Strand: Personal Health Choices Outcomes: PHES1.12 DMES1.2 V4</p> <p>Games for fun Strand: Games and Sports Outcomes: GSES1.8 MOES1.4 V5 FMS: sprint run, skip, side gallop</p>	<p>Play it safe Strand: Safe Living Outcomes: PHES1.12 DMES1.2 V4</p> <p>Let's play games Strand: Games and Sports Outcomes: GSES1.8 MOES1.4 V5 FMS: catch</p>

Stage 1 PDHPE Scope and Sequence

	Term 1	Term 2	Term 3	Term 4
YEAR 1	<p>There is only one me Strand: Growth and Development Outcomes: GDES1.9 COES1.1 V1</p> <p>Let's move Strand: Active Lifestyle Outcomes: ALS1.6 MOS1.4 FMS: hop, skip, sprint run</p>	<p>Getting along with others Strand: Interpersonal Relationships Outcomes: IRS1.11 INSI.3 V3</p> <p>Let's get Moving Strand: Gymnastics Outcomes: GYS1.10 MOES1.4 V5 FMS: balance, vertical jump, leap</p>	<p>Keeping myself healthy Strand: Personal Health Choices Outcomes: PHS1.12 DMS1.2 V4</p> <p>Getting started Strand: Games and Sports Outcomes: GSS1.8 MOS1.4 V1 FMS: overarm throw, catch</p>	<p>Watch your step Strand: Safe Living Outcomes: SLS1.12 COS1.1 INSI.3</p> <p>On the Go Strand: Games and Sports Outcomes: GSS1.8 MOS1.4 V1 FMS: kick</p>
YEAR 2	<p>Look out! Strand: Safe Living Outcomes: SLS1.13 DM1.2 V4</p> <p>Move to the beat Strand: Dance Outcomes: DAS1.7 MOES1.5 V5 FMS: side gallop, balance, vertical jump</p>	<p>Healthy habits Strand: Personal Health Choices Outcomes: PHS1.12 DMS1.2 V4</p> <p>Games sense Strand: Games and Sports Outcomes: GSS1.8 MOS1.4 V1 FMS: two-handed strike</p>	<p>Friendships Strand: Interpersonal Relationships Outcomes: IRS1.11 COS1.1 V1</p> <p>Locomotion Strand: Games and Sports Outcomes: GSS1.8 MOS1.4 V1 FMS: dodge, catch, sprint run</p>	<p>The one and only Strand: Growth and Development Outcomes: GDES1.9 INES1.3 V3</p> <p>Getting out and about Strand: Active Lifestyle Outcomes: ALS1.6 V5 FMS: sprint run, skip, hop</p>

Stage 2 PDHPE Scope and Sequence

	Term 1	Term 2	Term 3	Term 4
YEAR 3	<p>Building my network Strand: Interpersonal relationships Outcomes: IRS2.11 INS2.3</p> <p>On the go Strand: Active Lifestyle Outcomes: ALS2.6 FMS: sprint, dodge</p>	<p>Feelings Strand: Growth and Development Outcomes: GDS2.9</p> <p>Gym fun Strand: Gymnastics Outcomes: GYS2.10 FMS: balance, side gallop, leap</p>	<p>Safety first Strand: Safe Living Outcomes: SLS2.13</p> <p>Enjoy the game Strand: Games and Sports Outcomes: GSS2.8 FMS: overarm throw, catch</p>	<p>Keeping healthy Strand: Personal Health Choices Outcomes: PHS2.12 PSS2.5</p> <p>Games for fitness Strand: Games and Sports Outcomes: GSS2.8 ALS2.6 FMS: jump, skip, hop</p>
YEAR 4	<p>My growing self Strand: Growth and Development Outcomes: GDS2.9 COS2.1</p> <p>Games sense Strand: Games and Sports Outcomes: GSS2.8 FMS: strike, catch</p>	<p>Keeping safe Strand: Safe Living Outcomes: SLS2.13</p> <p>Dance mania Strand: Dance Outcomes: DAS2.7 FMS: skip, gallop, leap</p>	<p>Daily decisions Strand: Personal Health Choices Outcomes: PHS2.12 DMS2.2</p> <p>Getting fit Strand: Active Lifestyles Outcomes: ALS2.6 FMS: jump, sprint run,</p>	<p>Relationships Strand: Interpersonal relationships Outcomes: IRS2.11</p> <p>Champions' choices Strand: Games and Sports Outcomes: GSS2.8 MOS2.4 FMS: kick, dodge, sprint run</p>

Stage 3 PDHPE Scope and Sequence

	Term 1	Term 2	Term 3	Term 4
YEAR 5	<p>Playing my part Strand: Interpersonal relationships Outcomes: IRS3.11</p> <p>Keeping active Strand: Active Lifestyles Outcomes: ALS3.6 FMS: sprint, dodge</p>	<p>Keeping myself safe Strand: Personal health Choices Outcomes: PHS3.12</p> <p>Swing into gym Strand: Gymnastics Outcomes: GYS3.10 FMS: balance, side gallop, leap</p>	<p>Safe choices Strand: Safe Living Outcomes: SLS3.13 DMS3.2</p> <p>Playing the game Strand: Games and Sports Outcomes: GSS3.8 FMS: overarm throw, catch</p>	<p>What's happening to me Strand: Growth and Development Outcomes:GDS3.9</p> <p>Games for fitness Strand: Games and Sports Outcomes: GSS3.8 FMS: jump, skip</p>
YEAR 6	<p>Getting it together Strand: Growth and Development Outcomes: GDS3.9</p> <p>Dance with style Strand: Dance Outcomes: DAS3.7 MOS3.4 FMS: gallop, leap, balance</p>	<p>Considered choices Strand: Interpersonal relationships Outcomes: IRS3.11</p> <p>Life be in it Strand: Active Lifestyles Outcomes: ALS3.6 INS3.3 FMS: jump, sprint run, dodge, hop</p>	<p>Making decisions about drugs Strand: Personal health Choices Outcomes: PHS3.12 COS3.1</p> <p>Living the dream Strand: Games and Sports Outcomes: GSS3.8 FMS: strike, catch</p>	<p>Taking action Strand: Safe Living Outcomes: SLS3.13 PSS3.5</p> <p>Games Sense Strand: Games and Sports Outcomes: GSS3.8 FMS: kick, dodge, sprint run</p>

PDHPE K-6 Scope and sequence

Early Stage 1	Kindergarten	TERM 1	TERM 2	TERM 3	TERM 4
		I am special GDES1.9 COES1.1 Enjoy being active ALES1.6 INES1.3 FMS: sprint, skip, hop	Me & my friends IRES1.11 DMES1.2 Move & explore GYES1.10 FMS; balance, jump	Healthy habits PSES1.5 PHES1.12 Let's play games GSES1.8 INES1.3 FMS: sprint, catch, skip	Play it safe SLES1.13 Moving around DAES1.7 MOES1.4 FMS: balance, side gallop
Stage 1	Year 1	The one & only GDS1.9 Let's move ALS1.6 FMS: hop, skip, side gallop	Getting along with others IRS1.11 INS1.3 Hop, step & jump GYS1.10 FMS: balance, vertical jump, leap	Keeping myself healthy PHS1.12 COS1.1 Getting started GSS1.8 FMS: overarm throw, catch	Watch your step SLS1.13 Game skills GSS1.8 FMS: sprint run,
	Year 2	Look out! SLS1.13 PSS1.5 Move to the beat DAS1.7 FMS: leap, side gallop, balance	Fit & well PHS1.12 Games skills GSS1.8 MOS1.14 FMS:2 handed strike	Friendship IRS1.11 DMS1.2 Games for fun GSS1.8 FMS: kick, sprint run, dodge	Me, myself, I GDS1.9 Getting out & about ALS1.6 FMS: overarm throw, catch
Stage 2	Year 3	Building my network IRS2.11 INS2.3 On the go ALS2.6 FMS: sprint, dodge	Feelings GDS2.9 Gym fun GYS2.10 FMS: balance, side gallop, leap	Safety first SLS2.13 Enjoy the game GSS2.8 FMS: overarm throw, catch	Keeping healthy PHS2.12 PSS2.5 Games for fitness GSS2.8 ALS2.6 FMS: jump, skip, hop
	Year 4	My growing self GDS2.9 COS2.1 Games sense GSS2.8 FMS: strike, catch	Keeping safe SLS2.13 Dance mania DAS2.7 FMS: skip, gallop, leap	Daily decisions PHS2.12 DMS2.2 Getting fit ALS2.6 FMS: jump, sprint run,	Relationships IRS2.11 Champions' choices GSS2.8 MOS2.4 FMS: kick, dodge, sprint run
Stage 3	Year 5	Playing my part IRS3.11 Keeping active ALS3.6 FMS: sprint, dodge	Keeping myself safe PHS3.12 Swing into gym GYS3.10 FMS: balance, side gallop, leap	Safe choices SLS3.13 DMS3.2 Playing the game GSS3.8 FMS: overarm throw, catch	What's happening to me GDS3.9 Games for fitness GSS3.8 FMS: jump, skip
	Year 6	Getting it together GDS3.9 Dance with style DAS3.7 MOS3.4 FMS: gallop, leap, balance	Considered choices IRS3.11 Life be in it ALS3.6 INS3.3 FMS: jump, sprint run, dodge, hop	Making decisions about drugs PHS3.12 COS3.1 Living the dream GSS3.8 FMS: strike, catch	Taking action SLS3.13 PSS3.5 Games Sense GSS3.8 FMS: kick, dodge, sprint run

<p>Unit Title: Getting Started Strands: Games and Sports, Interpersonal relationships FMS Focus: sprint run, catching, overarm throw Outcomes: GSS 1.8 Performs fundamental movement skills with equipment in minor games. MOS 1.4 Demonstrates maturing performances of basic movement and compositional skills in a variety of predictable situations. V5 Willingly participates in regular physical activity. V4 Enjoys a sense of belonging</p>	<p>Stage: Stage One Indicators</p> <ul style="list-style-type: none"> ➤ Participates in a range of minor games and practises that assist skill development. ➤ Catches a small ball/ beanbag/ large ball in different ways. ➤ Identifies the most efficient ways of using a variety of games equipment eg, types of passes. ➤ Catches a large ball travelling along the ground or through the air with two hands ➤ Overarm throws at a range of targets with a variety of equipment
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<p>Subject Matter <i>Non-Locomotor Skills</i> - stretching/bending/twisting <i>Locomotor Skills</i> - Running/ dodging/ sprint run/weaving/stop /start <i>Manipulative Skills</i> - throwing - catching - passing - scooping - bouncing - balancing - rolling <i>Games</i> -Minor Games -Modified Games -Major games <i>Playing the Game</i> - Teamwork - Safety Considerations - Benefits of participation - Effort and Practice - Competition - Fair Play</p>	<p>Teaching Strategies/Organization</p> <ul style="list-style-type: none"> • Vigorous game warm-ups – participating in such games as Foxes & Rabbits, Statues, Indians and Tepees, Stuck in the Mud, tail tag, High Five tag. • Skill Development Practices and Skill application - Beanbag relays: balancing on head, elbow, neck; carrying in hands; throwing and catching to self. - Throw and catch beanbags with self at varying heights/with partner (progress to large balls, small balls, spiky balls) Underarm, chest, bounce, one hand/ two hands, at different heights/ directions. Games: Piggy in middle, partner catching, catch this, corner spry, egg ball. - Catching different sized objects, balls, beanbags two hands/ one hand, thrown, off a wall, clapping/ turning/ touching ground, stationary/ moving. - Bouncing/ dribbling: continuous with large ball, one hand/ two hands, in a hoop, travelling/ stationary, around objects, to partner, along pathways, alternate hands, in games: relays, hand ball, dog and bone - Overarm throw at targets: beanbags, sponge balls, tennis balls; aim at targets (hoops, wall, cones, lines) Games: target practice, Bombard ball, overhand overtake. • More Modified games – Spatial Awareness games requiring the use of boundaries: Catch Newcombe, Keep the Basket Full, Rob the nest, Dog and Bone, Beat the ball, Corner Spry, Hot potato, Poison Ball, zig zag ball.
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<p>Student Assessment</p> <ul style="list-style-type: none"> • Observe students' participation in planned physical activities. • Keep a skills checklist for individual students. • Observe students performing certain skills 	<p>Unit Evaluation</p> <ul style="list-style-type: none"> • Did all the students enjoy the learning experiences? • Do the activities work all body parts and muscle groups? • Did students improve their performance of the fundamental movement skills taught? • Did the activities allow all students to achieve mastery? 	<p>Resources</p> <ul style="list-style-type: none"> • small balls • large balls • Tennis balls • Braids • Markers • Hoops • Beanbags
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