# Health and movement science Stage 6 (Year 11) – scope and sequence sample A

This resource has been designed to support teachers by providing a range of tasks based on syllabus content and can be modified to suit individual school contexts and procedures as required.

## Outcomes

* interprets meanings, measures and patterns of health experienced by Australians **HM-11-01**
* analyses methods and resources to improve and advocate for the health of young Australians **HM-11-02**
* analyses the systems of the body in relation to movement **HM-11-03**
* investigates movement skills and psychology to improve participation and performance **HM-11-04**
* Collaboration: demonstrates strategies to positively interact with others to develop an understanding of health and movement concepts **HM-11-05**
* Analysis: analyses the relationships and implications of health and movement concepts **HM-11-06**
* Communication: communicates health and movement concepts to audiences and contexts, using a variety of modes **HM-11-07**
* Creative thinking: generates new ideas that are meaningful and relevant to health and movement contexts **HM-11-08**
* Problem-solving: proposes and evaluates solutions to health and movement issues **HM-11-09**
* Research: analyses a range of sources to make conclusions about health and movement concepts **HM-11-10**

## Health and movement science Stage 6 (Year 11) – sample scope and sequence

Table 1 – Health and Movement Science –Stage 6 – Year 11 scope and sequence sample A

|  |  |  |  |
| --- | --- | --- | --- |
| Duration | Learning overview | Outcomes | Assessment |
| Term 1  Weeks 1 – 10  40 hours | The body and mind in motion – Core 2  Integrated 10-hour depth study | **HM-11-03, HM-11-04, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10** | Task one: Energy systems depth study  Due: Term 1 Week 6  Weighting: 35% |
| Term 2  Weeks 1 – 3  10 hours | The body and mind in motion – Core 2 | **HM-11-03, HM-11-04, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10** | Formative tasks, not formally assessable |
| Term 2  Weeks 3 –10  30 hours | Health for individuals and communities – Core 1  Integrated 10-hour depth study | **HM-11-01, HM-11-02, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10** | Formative assessment depth study, not formally assessable |
| Term 3  Week 1 – 5  20 hours | Health for individuals and communities – Core 1 | **HM-11-01, HM-11-02, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10** | Task 2: Formal examination – Core 1  Due: Term 2 Week 8  Weighting: 25% |
| Term 3  Weeks 5 –10  20 hours | Collaborative investigation | **HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10**  Knowledge and understanding outcomes dependent on the core content selected | Task three: Collaborative investigation  Due: Term 3 Week 10  Weighting: 40% |

## References

This resource contains NSW Curriculum and syllabus content. The NSW Curriculum is developed by the NSW Education Standards Authority. This content is prepared by NESA for and on behalf of the Crown in right of the State of New South Wales. The material is protected by Crown copyright.

Please refer to the NESA Copyright Disclaimer for more information <https://educationstandards.nsw.edu.au/wps/portal/nesa/mini-footer/copyright>.

NESA holds the only official and up-to-date versions of the NSW Curriculum and syllabus documents. Please visit the NSW Education Standards Authority (NESA) website <https://educationstandards.nsw.edu.au/> and the NSW Curriculum website <https://curriculum.nsw.edu.au/home>.

[Health and Movement Science 11–12 Syllabus](https://curriculum.nsw.edu.au/syllabuses/health-and-movement-science-11-12-2023) © NSW Education Standards Authority (NESA) for and on behalf of the Crown in right of the State of New South Wales, 2023.

**© State of New South Wales (Department of Education), 2023**

The copyright material published in this resource is subject to the *Copyright Act 1968* (Cth) and is owned by the NSW Department of Education or, where indicated, by a party other than the NSW Department of Education (third-party material).

Copyright material available in this resource and owned by the NSW Department of Education is licensed under a [Creative Commons Attribution 4.0 International (CC BY 4.0) license](https://creativecommons.org/licenses/by/4.0/).



This license allows you to share and adapt the material for any purpose, even commercially.

Attribution should be given to © State of New South Wales (Department of Education), 2023.

Material in this resource not available under a Creative Commons license:

* the NSW Department of Education logo, other logos and trademark-protected material
* material owned by a third party that has been reproduced with permission. You will need to obtain permission from the third party to reuse its material.

**Links to third-party material and websites**

Please note that the provided (reading/viewing material/list/links/texts) are a suggestion only and implies no endorsement, by the New South Wales Department of Education, of any author, publisher, or book title. School principals and teachers are best placed to assess the suitability of resources that would complement the curriculum and reflect the needs and interests of their students.

If you use the links provided in this document to access a third-party's website, you acknowledge that the terms of use, including licence terms set out on the third-party's website apply to the use which may be made of the materials on that third-party website or where permitted by the Copyright Act 1968 (Cth). The department accepts no responsibility for content on third-party websites.