



### Key information for the Health and Movement Science 11-12 Syllabus

- The [Health and Movement Science 11-12 Syllabus](#) requires students in the Year 11 course to study two focus areas, including 'Health for individuals and communities' and 'The body and mind in motion' for 120 indicative hours. In the Year 12 course students' study 2 focus areas, including 'Health in an Australian and global context' and 'Training for improved performance' for 120 indicative hours.
- The new [Health and Movement Science 11-12 Syllabus](#) is digital and formatted in this manner for all reform syllabuses. The digital format is interactive and allows for easy navigation. You can filter, search for specific topics, and explore resources directly. Categories include overview; rationale; aim; outcomes; content; assessment; glossary and teaching and learning support.
- In addition to the core topics, Year 11 students are required to engage in a collaborative investigation with a total of 20 indicative hours, and a minimum of 2 depth studies with a total of 20 hours of in-class time allocated.
- In Year 12 students are required to engage in a minimum of 2 depth studies with a total of 30 hours of in-class time allocated.
- The school-based assessment specifications, course components and weightings for Year 11 and 12 require knowledge and understanding of course content with a 40% weighting and skills in collaboration, analysis, communication, creative thinking, problem-solving and research with a 60% weighting.
- The Health and Movement Science 11-12 Syllabus has a '[glossary](#)' tab that contains information about words specific to the course.

### HSC Examinations

- The HSC examination specifications for Health and Movement Science can be found on the '[Assessment](#)' tab of the syllabus.
- The HSC Health and Movement Science examination (2026) will consist of a written paper worth 100 marks. The time allowed will be 3 hours plus 10 minutes reading time. Questions relating to Health and Movement Science skill outcomes will be integrated throughout the examination.
- The paper will consist of 3 sections. There will be approximately equal weighting given to the two focus areas: Health in an Australian and Global Context and Training for Improved Performance.
- The [HSC Health and Movement Science – annotated sample examination materials](#) is a useful resource that is designed to show one way the Health and Movement Science syllabus could be examined. It reflects the layout of a formatted HSC examination paper. In the Health and Movement Science HSC examination all questions are compulsory and there are no optional extended-response questions.

### Support materials

The PDHPE Secondary Curriculum Team provides resources to support NSW teachers in the implementation of the Health and Movement Science syllabus and can be located on the [PDHPE K-12 webpage](#).

Resources can also be found on the [PDHPE Statewide Staffroom website](#). Here you will find a centralised place to access resources, professional learning, teaching advice and the latest information for Stage 6 Health and Movement Science.

Additional resources can also be accessed on the Health and Movement Science 11-12 Syllabus under the [Teaching and learning support](#) tab. These include sample scope and sequences, assessment schedules and units of work.



### Professional learning

There is a range of 'on demand' professional learning resources to support the implementation of the Health and Movement Science syllabus including:

- [Health and Movement Science 11-12](#) MyPL course
- [PDHPE Professional learning](#) recordings on the [PDHPE Statewide Staffroom website](#)

We also offer a range of live online and face to face professional learning events throughout the year. Go to the [PDHPE Professional Learning channel](#) to view upcoming events.

### General HSC information

- The [NSW Education Standards Authority \(NESA\)](#) oversees the Higher School Certificate (HSC), offering resources for students on exam preparation, course selection, and academic integrity.
- The [NESA HSC glossary](#) provides teachers with guidance on how to use key terms consistently, ensuring students understand their meanings and apply them appropriately across various subjects for effective exam preparation.
- The NESA [HSC assessment moderation](#) process ensures fairness by adjusting school assessment marks based on exam results, making them comparable across schools.
- The [ACE rules](#) outline HSC school-based assessment integrity, task development, marking, appeals, and record-keeping. They cover malpractice policies, illness/misadventure procedures, task notifications, ranking, and restrictions on reporting final marks, ensuring compliance with NESA's assessment standards.
- HSC monitoring advice, Section 1.6 outlines HSC record-keeping requirements, including teaching programs, assessment documentation, interventions and work samples. Visit [Stage 6 – monitoring implementation and support](#) for more information.
- School-based assessment for the HSC contributes to a student's final mark and is designed to evaluate students' understanding and skills based on syllabus outcomes.

### Contact us

If you would like further information or support, please email [PDHPEcurriculum@det.nsw.edu.au](mailto:PDHPEcurriculum@det.nsw.edu.au) or reach out to our team via the [PDHPE Statewide Staffroom](#).

