# 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

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| Duration | Learning overview | Outcomes | Assessment |
| Term 1Weeks 1 – 1040 hours | The body and mind in motion – Core 2Integrated 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 studyDue: Term 1 Week 6Weighting: 35% |
| Term 2Weeks 1 – 310 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 2Weeks 3 –1030 hours | Health for individuals and communities – Core 1Integrated 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 3Week 1 – 520 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 1Due: Term 2 Week 8Weighting: 25% |
| Term 3Weeks 5 –1020 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 investigationDue: Term 3 Week 10Weighting: 40% |

## References

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[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.

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