

**Liverpool Girls’ High School**

*Innovation Excellence Learning*

**PDHPE ~** Stage 4 Course Outline

INTRODUCTION TO THE STAGE 4 PDHPE COURSE

The aim of the PDHPE course is to develop students’ capacity to enhance personal health and wellbeing, enjoy an active lifestyle, maximise movement potential and advocate lifelong health and physical activity.

COURSE OBJECTIVES AND OUTCOMES

**Strand 1: Self and relationships**

*Students will enhance their sense of self, improve their capacity to manage challenging circumstances and develop caring and respectful relationships;*

4.1 describes and analyses the influences on a sense of self;

4.2 identifies and selects strategies that enhance their ability to cope and feel supported;

4.3 describes the qualities of positive relationships and strategies to address the abuse of power.

**Strand 2: Movement skill and performance**

*Students will move with confidence and competence, and contribute to the satisfying and skilled performance of others;*

4.4 demonstrates and refines movement skills in a range of contexts and environments;

4.5 combines the features and elements of movement composition to perform in a range of contexts and environments.

**Strand 3: Individual and community health**

*Students will take actions to protect, promote and restore individual and community health;*

4.6 describes the nature of health and analyses how health issues may impact on young people;

4.7 identifies the consequences of risk behaviours and describes strategies to minimise harm;

4.8 describes how to access and assess health information, products and services.

**Strand 4: Lifelong physical activity**

*Students will participate in and promote enjoyable life-long physical activity;*

4.9 describes the benefits of a balanced lifestyle and participation in physical activity;

4.10 explains how personal strengths and abilities contribute to enjoyable and successful participation in physical activity.

**Skills that enhance learning in PDHPE**

*Students will develop and apply the skills that enable them to adopt and promote healthy and active lifestyles;*

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| ***Communicating*** | 4.11 selects and uses communication skills and strategies clearly and coherently in a range of new and challenging situations; |
| ***Decision Making*** | 4.12 assesses risk and social influences and reflects on personal experience to make informed decisions; |
| ***Interacting*** | 4.13 demonstrates cooperation and support of others in social, recreational and other group contexts; |
| ***Moving*** | 4.14 engages successfully in a wide range of movement situations that displays an understanding of how and why people move; |
| ***Planning*** | 4.15 devises, applies and monitors plans to achieve short-term and long-term goals; |
| ***Problem Solving*** | 4.16 clarifies the source and nature of problems and draws on personal skills and support networks to resolve them. |

**Stage 4 PDHPE – Year 7**

**Learning Contexts / Units of Work:**

**Formal Tasks for Evidence of Learning:**

*Ongoing throughout each semester****;***

**Stage 4 PDHPE – Year 8**

**Learning Contexts / Units of Work:**

**Formal Tasks for Evidence of Learning:**

*Ongoing throughout each semester;*