

NEW STAGE 6 HMS SYLLABUS

Year 11 course – Sample scope and sequence

Term 1										Term 2										Term 3																																							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30																														
Health for individuals and communities (40 hours) Outcomes: HMS11-1; HMS11-2; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10										Depth study (10 hours) Outcomes: HMS11-2; HMS11-8; HMS11-9; HMS11-10										The body and mind in motion (40 hours) Outcomes: HMS11-3; HMS11-4; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10										Depth study (10 hours) Outcomes: HMS11-3; HMS11-5; HMS11-6; HMS11-7										Collaborative Investigation (20 hours) Outcomes: HMS11-2; HMS11-3; HMS11-5; HMS11-6; HMS11-7										Exams									
										Task 1: 35% In-depth analysis of a youth health issue (Content question 3) and personal reflection on their own behaviours										Task 2: 35% Design a training and nutrition program										Task 3: Collaborative investigation – 30% (10% K&U; 20% Skills) Health for Individuals and Communities Investigate the meanings of health for young people The body and mind in motion Investigate the physiological responses to aerobic training																													

NEW STAGE 6 HMS SYLLABUS

Year 11 course – Sample scope and sequence

Term 1										Term 2										Term 3									
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Focus Area 1 – Part A (20 hours) Outcomes: HMS11-1; HMS11-5; HMS11-6; HMS11-7;					Depth study – FA1 (10 hours) Outcomes: HMS11-1; HMS11-5; HMS11-6; HMS11-7; HMS11-10		Focus Area 1 – Part B (20 hours) Outcomes: HMS11-2; HMS11-8; HMS11-9; HMS11-10					Focus Area 2 – Part A (20 hours) Outcomes: HMS11-3; HMS11-5; HMS11-6; HMS11-7;					Depth study – FA2 (10 hours) Outcomes: HMS11-3; HMS11-5; HMS11-6; HMS11-7; HMS11-10		Focus Area 2 – Part B (20 hours) Outcomes: HMS11-4; HMS11-8; HMS11-9; HMS11-10					Collaborative Investigation (20 hours) Outcomes: HMS11-2; HMS11-4; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10					Exams
					In class research and case study task (30%) Investigate health status of groups of young people – research a health-related issue and propose strategies to enhance and promote health in relation to the selected group and issue.															Group investigation (20%) and individual presentation (10%) = 30% Focus Area 2 student-identified topics.					Yearly exam – 40%				

NEW STAGE 6 HMS SYLLABUS

Year 11 course – Sample scope and sequence

Term 1										Term 2										Term 3										
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Health for individuals and communities (40 hours) Outcomes: HMS11-1; HMS11-2; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10										Collaborative investigation					The body and mind in motion (40 hours) Outcomes: HMS11-3; HMS11-4; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10										Collaborative investigation					Yearly exams
Depth Study #1										Depth Study #2 or CI					Depth Study #3					Depth Study #4										
KIQ 1		KIQ 2	CI	KIQ 3			KIQ 4				KIQ 1		KIQ 2	CI	KIQ 3			KIQ 4												
Task 1: (40%) Meanings of health over time – Research and extended response question									Task 2A: Collaborative investigation – 20% (5% K&U; 15% Skills) For students selecting Core 1 investigation Investigate the opportunities for improving young people’s health					Task 3: Role of nutrition, energy systems and training in performance (40%) Presentation for a chosen activity or sport					Task 2B: Collaborative investigation – 20% (5% K&U; 15% Skills) For students selecting Core 2 investigation Investigate the communities of exercise (ParkRun, The Body Coach, Parkour groups, CanToo, Skate Parks, MTB trails) (p41)					Not assessed						

NEW STAGE 6 HMS SYLLABUS

Year 11 course – Sample scope and sequence

Term 1										Term 2										Term 3									
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
<p>The body and mind in motion (40 hours)</p> <p>Outcomes: HMS11-3; HMS11-4; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10</p>										<p>Depth study (10 hours)</p> <p>Outcomes: HMS11-3; HMS11-5; HMS11-6; HMS11-7</p>		<p>Health for individuals and communities (40 hours)</p> <p>Outcomes: HMS11-1; HMS11-2; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10</p>										<p>Depth study (10 hours)</p> <p>Outcomes: HMS11-2; HMS11-8; HMS11-9; HMS11-10</p>		<p>Collaborative Investigation (20 hours)</p> <p>Outcomes: HMS11-2; HMS11-3; HMS11-5; HMS11-6; HMS11-7</p>			<p>Exams</p>		
																												KIQ 1	KIQ 2
										<p>Task 1: 35%</p> <p>Design a training and nutrition program and present as a case study to local sporting club</p>												<p>Task 2: 35%</p> <p>In-depth analysis of a youth health issue (Content question 3) and personal reflection on their own behaviours</p>		<p>Task 3: Collaborative investigation – 30% (10% K&U; 20% Skills)</p> <p>Health for Individuals and Communities Investigate the meanings of health for young people</p> <p>The body and mind in motion Investigate the physiological responses to aerobic training</p>					

NEW STAGE 6 HMS SYLLABUS

Year 11 course – Sample scope and sequence

Term 1										Term 2										Term 3															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
Focus Area 1 – Part A (20 hours) Outcomes: HMS11-3; HMS11-5; HMS11-6; HMS11-7;					Depth study – FA2 (10 hours) Outcomes: HMS11-1; HMS11-5; HMS11-6; HMS11-7; HMS11-10					Focus Area 1 – Part A (20 hours) Outcomes: HMS11-1; HMS11-5; HMS11-6; HMS11-7;					Focus Area 1 – Part B (20 hours) Outcomes: HMS11-2; HMS11-8; HMS11-9; HMS11-10					Collaborative Investigation (20 hours) Outcomes: HMS11-1 & HMS11-3 or HMS11-2 & HMS11-4; HMS11-5; HMS11-6; HMS11-7; HMS11-8; HMS11-9; HMS11-10					Focus Area 2 – Part B (20 hours) Outcomes: HMS11-4; HMS11-8; HMS11-9; HMS11-10					Depth study – Student Choice (10 hours) Outcomes: HMS11-5; HMS11-6; HMS11-7; HMS11-10					Exams
					Skill acquisition (30%) Investigate skill acquisition for a chosen sport and create a training program and individual practice session reflecting your findings															Collaborative investigation (20%) and individual presentation (10%) = 30% Student-identified topics.					Yearly exam – 40%										

achper
NEW SOUTH WALES

NEW STAGE 6 HMS SYLLABUS

This resource has been developed for professional learning purposes only by ACHPER NSW. This resource contains NSW Curriculum and syllabus content. The NSW Curriculum is developed by the NSW Education Standards Authority (NESA). 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 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 © NESA for and on behalf of the Crown in right of the State of New South Wales, 2023.