

SCOPE AND SEQUENCE STATEMENT: YEAR 11 Health and Movement Science 2025

TERM 1 - 2025	1	2	3	4	5	6	7	8	9	10	11		
OVERALL TOPIC	Focus Area 1: Health for Individuals and Communities (40 hours)			Collaborative Investigation (20 Hours)					Focus Area 1: Health for Individuals and Communities Continued (40 hours)				
OVERVIEW	Students will explore the interplay of health determinants and indicators to evaluate health status, analyse skills to protect and enhance young people's health, and examine health promotion strategies. They will also be introduced to the United Nations Sustainable Development Goals (SDGs) as a framework for improving health in Australia, highlighting the complexity and interconnectedness of these strategies.			Students work collaboratively to investigate an agreed topic aligned with the content and concepts explored in Focus Area 1: Health for Individuals and Communities CQ2.									
OUTCOMES	HM-11-01, HM-11-02, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09			HM-11-01, HM-11-02, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10 Outcome HM-11-05 must be assessed. Other outcomes are selected based on the group's investigation topic.									
ASSESSMENT				AT1 – Presentation 30%									
				11 WEEKS 44 HOURS									
TERM 2 - 2025	1	2	3	4	5	6	7	8	9				
OVERALL TOPIC	Focus Area 1: Health for Individuals and Communities Continued (40 hours)			Focus Area 2: The Body and Mind in Motion (40 hours)		Depth Study 1 related to Focus Area 2 Excursion Included (10 hours)		Focus Area 2: The Body and Mind in Motion Continued (40 hours)					
OVERVIEW				Students will explore how body systems influence movement and work together for efficiency. They will learn about energy systems, training types, and how the body adapts physiologically. Students will examine how movement skills are acquired and improved, focusing on learner characteristics, skill acquisition, practice methods, performance elements and feedback. Additionally they investigate the relationship between performance and psychological factors.									
OUTCOMES				HM-11-03, HM-11-04, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10									
ASSESSMENT										AT2 - Scenario Based Responses 30%			
	9 WEEKS 36 HOURS												
TERM 3 - 2025	1	2	3	4	5	6	7	8	9	10			
OVERALL TOPIC	Focus Area 2: The Body and Mind in Motion Continued (40 hours)										Depth Study		
OVERVIEW								EXAMS AT3 - 40%					
OUTCOMES	HM-11-03, HM-11-04, HM-11-05, HM-11-06, HM-11-07, HM-11-08, HM-11-09, HM-11-10												
ASSESSMENT													
	10 WEEKS 40 HOURS												
TERM 4 - 2024	1	2	3	4	5	6	7	8					
OVERALL TOPIC	Depth Study 2 Continued (10 hours)		YEAR 12 COURSE										
OVERVIEW	Student identified topic from either Focus Area 1 or 2.												
OUTCOMES													
ASSESSMENT													
	2 WEEKS 8 HOURS												

TOTAL COURSE HOURS: 128 hours