



Lanyon High School

Year 9/10 – Health and Physical Education 2025 - Australian Curriculum V9

Identify curriculum	Achievement standard	<p>By the end of Year 10, students propose and evaluate personal strategies to manage their identities, emotions and responses to change. They evaluate how attitudes and beliefs about equality, respect, diversity and inclusion influence the nature and quality of relationships. Students propose and justify strategies to manage online and offline situations where their own or others' health, safety, relationships or wellbeing may be at risk. They synthesise health information from credible sources to propose and justify strategies to enhance their own and others' health, safety, relationships and wellbeing.</p> <p>Students evaluate and refine their own and others' movement skills and performances, and apply movement concepts in challenging or unfamiliar situations. They adapt and transfer movement strategies to unfamiliar situations to achieve successful outcomes. Students propose and evaluate community-based physical activity interventions designed to improve the health, fitness and wellbeing of themselves and others. They apply and evaluate leadership approaches, collaboration strategies and ethical behaviours across a range of movement contexts.</p>			
Odd Years					
Year level description		Focus areas to be addressed in Health And Physical Education Odd Years include food and nutrition, health benefits of physical activity and fitness, drugs and alcohol and developing skills necessary for effective and strategic participation in games and sports.			
Teaching and learning		Term overview			
		Term 1	Term 2	Term 3	Term 4
		<p>1. Fitness - Fitness testing and cardio endurance. Students complete the beep test to assess their baseline cardiovascular fitness levels. They will develop aerobic fitness through endurance running activities, such as the Lanyon Loop run, beep test and team relay challenges. This training continues throughout the semester as a warmup activity and also as standalone Cross-Country preparation.</p> <p>2. Skill based activities. <u>Striking Games</u> Students engage in Cricket, Softball and Golf focusing on establishing correct technique to improve their skills in striking sports.</p> <p>3. Factors affecting relationships. Students develop their knowledge around the importance of developing relationships through fair play, equality, diversity, inclusivity and respect. They will examine the benefits of being physically active in a holistic approach. Students will demonstrate leadership and cooperation when working as part of a team. They will apply these skills in a variety of sports and team-based situations.</p>	<p>1. Fitness - Muscular endurance Students complete muscular fitness testing. They will develop muscular endurance through circuit training, body weighted activities, HIIT training, etc.</p> <p>2. Skill Based activities. <u>Cross Country Training</u> Students will complete fitness skills and activities in preparation for the cross-country carnival. Activities include Cross country walk-through, Cross-country time trial and cross-country modified course run through.</p> <p style="text-align: center;"><u>Gymnastics</u> Students participate in a range of rhythmic and expressive movement strategies through gymnastic activities.</p> <p style="text-align: center;"><u>Defending Games</u> Students participate in AFL, Oztag & Floor Hockey to continue learning about leadership, fair play and inclusivity in a sporting context, as well as applying feedback to improve specialised movement skills.</p> <p>3. Party Safe <u>Drugs & Alcohol</u> Students investigate the social issues around drug and alcohol addiction and evaluate personal strategies for</p>	<p>1. Fitness - Speed and Strength training. Students develop their knowledge in developing skills in running shorter distances through sprint technique and power training, HIIT & Crossfit training (body weight training).</p> <p>2. Skills based activities <u>Athletics</u> Students complete skills and activities in preparation for the annual athletics carnival.</p> <p style="text-align: center;"><u>Attacking Games</u> Students participate in <i>Basketball, Soccer & Frisbee</i> to continue learning about leadership, fair play and inclusivity in a sporting context, as well as applying feedback to improve specialised movement skills.</p> <p>3. Looking After Myself & Others <u>Mental Health</u> Students develop their knowledge and gain practical examples around their "self" including self-esteem, self-awareness, resilience, anger management and stress.</p> <p style="text-align: center;"><u>Pressure, Power & Sex</u> Students investigate the outcomes of emotional responses in different situations. Focussing on</p>	<p>1. Fitness - Muscular Power Students complete muscular power fitness testing. They will continue to develop muscular power through activities including circuit training, HIIT workouts and functional fitness activities.</p> <p>2. Skill based activities <u>Target games</u> Students participate in Archery, Frisbee Golf, Bocce & Croquet to develop their control and accuracy when performing skills in the sports.</p> <p style="text-align: center;"><u>Cultural Games</u> Students examine the role physical activity has played historically in defining cultures and cultural identities.</p> <p>3. Australian Health Issues Students learn about issues affecting community health in Australia. They will examine health services and resources available and their impact.</p>

			making positive health choices. They also look at the categories of drugs and how they have different effects on the body systems. <u>Relationships & Communication</u> Students propose and analyse factors that influence their identity, emotions, relationships and change in behaviours.. They will focus their response to change and seek support networks for themselves and others.		the use of power and pressure within a relationship and ways to navigate tricky situations.				
Develop assessment	Assessment	Term 1		Term 2		Term 3		Term 4	
		Week	Assessment instrument	Week	Assessment instrument	Week	Assessment instrument	Week	Assessment instrument
		Ongoing	Fitness - Fitness testing and cardio endurance. Striking Sports: Golf, Softball & Cricket	Ongoing	Fitness - Muscular endurance Defensive Sports: AFL, Oztag & Floor Hockey Gymnastics Cross Country	Ongoing	Fitness - Speed and agility training. Attacking Sports: Lacrosse, Frisbee & European Handball Athletics	Ongoing	Fitness - Active Lifestyles Target Sports: Archery, Golf & NFL Sports Education
		8	Inclusion in Sport assignment	8	Party Safe: Party Safe Assignment	8	Mental Health, Pressure, Power & Sexuality: Scenario Responses	7	Australian Health Issues: Magazine Article
	Cross curriculum priorities	Personal and social capability		Personal and social capability 		Personal and social capability		Personal and social capability 	
	General capabilities								
Key to general capabilities and cross-curriculum priorities	Literacy Numeracy ICT capability Critical and creative thinking Ethical behaviour Personal and social capability Intercultural understanding Aboriginal and Torres Strait Islander histories and cultures Asia and Australia's engagement with Asia Sustainability								
Make judgments and use feedback	Moderation	Teachers moderate assessment tasks to ensure consistency of judgments.							