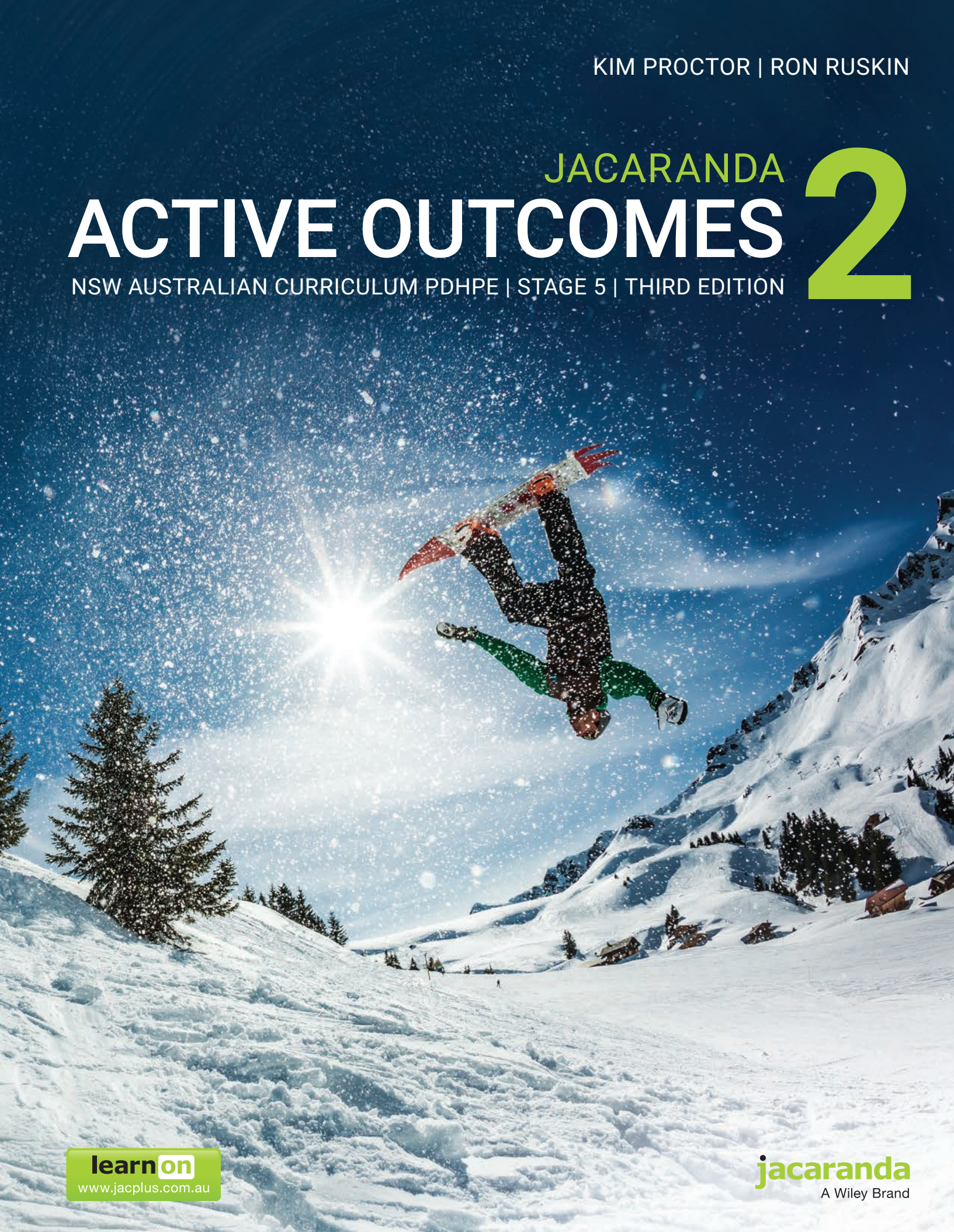


KIM PROCTOR | RON RUSKIN

JACARANDA ACTIVE OUTCOMES 2

NSW AUSTRALIAN CURRICULUM PDHPE | STAGE 5 | THIRD EDITION



CONTENTS

STRAND 1

HEALTH, WELLBEING AND RELATIONSHIPS 00

Outcomes PD 5-1, PD 5-2, PD 5-3, PD 5-9, PD 5-10

1 Developing my identity 00

1.1 Overview	00
1.2 Values, beliefs and independence	00
1.3 Norms, stereotypes and expectations	00
1.4 Sense of identity, health and wellbeing	00
1.5 Ways to support yourself and others	00
1.6 Review	00

2 Responding to life's challenges 00

2.1 Overview	00
2.2 Life's challenges	00
2.3 Life's opportunities	00
2.4 Bouncing back	00
2.5 Towards independence	00
2.6 Review	00

3 Creating inclusive, equal and respectful relationships 00

3.1 Overview	00
3.2 Relationships	00
3.3 Relationship skills	00
3.4 Developing respectful relationships	00
3.5 Disrespectful relationships	00
3.6 Actions to stay safe in relationships	00
3.7 Discrimination	00
3.8 Diversity is something to celebrate	00
3.9 Helping to support others	00
3.10 Review	00

STRAND 2

MOVEMENT SKILL AND PERFORMANCE 00

Outcomes PD5-4, PD5-5, PD5-10, PD5-11

4 Movement skills, strategies and tactics 00

4.1 Overview	00
4.2 Fundamental movement skills	00
4.3 Appraisal of movement proficiency	00

4.4 Skill acquisition	00
4.5 Factors affecting skill acquisition	00
4.6 Biomechanics	00
4.7 Review	00

5 Skills for thrills 00

5.1 Overview	00
5.2 Practice and training regimes to improve performance	00
5.3 Body control, body awareness and technique	00
5.4 Object manipulation, anticipation and timing	00
5.5 Learning environments and feedback	00
5.6 Safety and rules and regulations	00
5.7 Applying forces	00
5.8 Stability, balance and momentum	00
5.9 Review	00

6 Team work and fair play 00

6.1 Overview	00
6.2 Patterns of participation in sport and physical activity	00
6.3 Role of exercise in the lives of Australians	00
6.4 Roles and responsibilities in sport	00
6.5 Elements of teams and teamwork	00
6.6 Fair play and sporting conduct	00
6.7 Projects plus: Organising a sport competition	00
6.8 Roles in physical activity	00
6.9 Official roles	00
6.10 Individual and team player roles	00
6.11 Strategies for enhancing others' enjoyment of, and participation in, physical activity	00
6.12 Review	00

STRAND 3

HEALTHY, SAFE AND ACTIVE LIFESTYLES 00

Outcomes PD 5-2, PD 5-6, PD 5-7, PD 5-8, PD 5-9, PD 5-10

7 Challenge, risk and safety: Empowering young people 00

7.1 Overview	00
7.2 Mental health	00
7.3 Risk taking	00
7.4 Harm minimisation	00
7.5 Relationships and sexual health	00
7.6 Contraception	00
7.7 DRSABCD action plan	00
7.8 Water safety	00
7.9 Sports injury management	00
7.10 Alcohol and safe partying	00

7.11 Smoking and illicit drugs	00
7.12 Road safety	00
7.13 Review	00

8 Promoting healthy, safe and active communities 00

8.1 Overview	00
8.2 Influences on health decision-making and risk taking	00
8.3 Sociocultural and political influences on health	00
8.4 Community influences on health behaviours	00
8.5 Empowering people to get healthy	00
8.6 Creating environments that support health	00
8.7 Review	00

9 Seeking advice and help for health concerns 00

9.1 Overview	00
9.2 Health consumerism	00
9.3 Influences on selecting health products and services	00
9.4 Your rights and responsibilities as a health consumer	00
9.5 Accessing health products and services	00
9.6 Review	00

10 Fit for life

10.1 Overview	00
10.2 Lifelong physical activity	00
10.3 Promoting healthy lifestyles	00
10.4 Recreational activity	00
10.5 Cultural significance	00
10.6 Review	00