PRACTICE WHAT YOU’LL TEACH

Presented by Kirsty Holmes

MY BACKGROUND

AIM OF THIS SESSION

- Look at the PDHPE Syllabus and requirements
- Understand what a scope and sequence is
- Design your own scope and sequence
- Understand how to write a Unit of Work
- Look at other resources to assist with programming
IS THE SYLLABUS CHANGING?

- All schools follow the BOS and its curriculum
- BOS has introduced the Australian Curriculum currently in English, Maths, Science and History
- The BOS has stated that any further curriculum development for other subjects will occur as part of the normal curriculum review process
- The current PDHPE syllabus for NSW will be around for a few years yet, so what we are doing today will not go to waste!
**ACTIVITY- AGREE AND DISAGREE**

- The PDHPE K-6 syllabus...
  1. Contains 8 strands of learning
  2. Requires child protection and drug education to be taught in every year
  3. Has some sensitive content that makes teaching challenging
  4. Provides students with opportunities to lead a healthy and active life.
  5. Requires 1 hour per week to teach effectively.

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**HOW MUCH TIME?**

NSW Department of Education and Communities
Policy Standards for Curriculum Planning and Programming, Assessing and Reporting to Parents K – 12

Schools have flexibility in how they deliver learning programs, for example, through integrated programs, provided that:

- approximately 50% of time is allocated for English and Mathematics and 40% of time for the other KLAS and sport, the remaining 10% is for school admin activities.
- as part of the 40% allocation, schools are to include two hours per week for planned physical activity including, in Years 3 – 6, a minimum of one hour for sport.

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**WHERE DO WE BEGIN?**
ACTIVITY - WHAT DOES PDHPE LOOK LIKE AT YOUR SCHOOL?

*In your booklet there are a series of questions that will help you understand what PDHPE looks like at your school.

* Spend a few minutes writing down your answers and then be prepared to share with those around you.

SCOPE AND SEQUENCE

A scope and sequence is a summary of what will be taught and the order it will be taught in

- What we need to make a good scope and sequence:
- one page view of unit names to be taught over the year for a Stage
- title of each unit
- length of each unit
- codes of syllabus outcomes
- usually has separate columns for each year including theory and practical aspects

SCOPE AND SEQUENCE ACTIVITY

Before we begin creating a scope and sequence we need to see what content we are NOT already covering at our schools

- One activity sheet per school - highlight what subject content you think is already being taught at your school

- We will be discussing afterwards what you have and have not highlighted
### Interpersonal Stage

<table>
<thead>
<tr>
<th>Year</th>
<th>Term</th>
<th>Stage</th>
<th>Core Area</th>
<th>Integrated Unit</th>
<th>Major Outcomes</th>
<th>Additional Activities</th>
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<tbody>
<tr>
<td>3</td>
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<td>Me and My Mates</td>
<td>Personal Safety and Development</td>
<td>Major Outcome 1: Me and My Mates 2: Self and Others 3: Personal Development</td>
<td>Additional Activities 1: Personal Development 2: Self and Others 3: Me and My Mates</td>
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<td>Additional Activities 1: Personal Development 2: Happy Healthy and Safe 3: Me and My Mates</td>
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<td>4</td>
<td>1</td>
<td>Others</td>
<td>Personal Safety and Development</td>
<td>Major Outcome 1: Others 2: Me and My Mates 3: Self and Others</td>
<td>Additional Activities 1: Me and My Mates 2: Others 3: Self and Others</td>
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### Stage 2

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<td>Me Myself and I</td>
<td>Personal Safety and Development</td>
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<td>Additional Activities 1: Me and My Mates 2: Personal Development 3: Me Myself and I</td>
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<td>1</td>
<td>Keeping Myself Safe</td>
<td>Personal Safety and Development</td>
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<td>Additional Activities 1: Self and Others 2: Keeping Myself Safe 3: Me and My Mates</td>
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<td>4</td>
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<td>Fit for Life</td>
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<td>Additional Activities 1: Self and Others 2: Fit for Life 3: Me and My Mates</td>
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### Stage 3

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<td>Healthy Inside and Out</td>
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<td>Additional Activities 1: Self and Others 2: Healthy Inside and Out 3: Me and My Mates</td>
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<td>1</td>
<td>Keeping Safe on the Road and in Water</td>
<td>Personal Safety and Development</td>
<td>Major Outcome 1: Keeping Safe on the Road and in Water 2: Me and My Mates 3: Self and Others</td>
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<tr>
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<td>Protecting Me</td>
<td>Personal Safety and Development</td>
<td>Major Outcome 1: Protecting Me 2: Me and My Mates 3: Self and Others</td>
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**SCOPE AND SEQUENCE ACTIVITY**

- **15 minutes:** In groups of 3 or 4 it is now your turn to create a scope and sequence for a STAGE.
- **5 minutes:** Share your scope and sequence with another group of a different stage.

Make sure to comment on what you like, challenges you had.

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**UNIT OF WORK**

A unit of work provides ways of teaching, learning and assessment to meet the syllabus outcomes.

**What we need to make a good Unit of Work:**

- Includes a title, Stage and Year, Duration and description.
- Uses relevant syllabus outcomes and indicators.
- Teaching, learning and assessment activities are explicit and meet the outcomes identified.
- Includes resources and equipment needs.
- Includes opportunities for reflection.
Here is an example of one of my Units of work from this year. Feel free to find errors, like any program it is always changing.

EXAMPLE OF UNIT OF WORK

OTHER RESOURCES

- Live Life Well at School- FMS resources, sample scope & sequences, in-services for your school, canteen reviews and additional professional development through the PDHPE Network.
- Premiers Sporting Challenge- (Sports Grants)
- ACHPER- Professional Network with loads of resources
- Healthy Kids Association- School Canteens
- NSW Department of Education and Communities Curriculum Support Unit- Get Skilled, Get Active
- Go 4 fun- interactive program for healthy lifestyle

OTHER CONSIDERATIONS

- Sports Storeroom resources
- External Providers
- Local School Sports Competitions
- School Sports Days
- Healthy Canteen Options
- Health Eating Fundraisers
- School Gardens
Questions?
If you need to clarify or ask any questions specific to your school please feel free to email me:
Kirsty.holmes@det.nsw.edu.au