



**Ambarvale High School  
PDHPE Faculty Programs  
Stage 6 2024-25**

**Year 12 PDHPE**

Week Term	1	2	3	4	5	6	7	8	9	10	11	
<b>4</b>	<p><b>CORE 2 - Factors Affecting Performance</b>            H7, H8, H9, H10, H11, H16, H17            How does training affect performance?            How can psychology affect performance?            How can nutrition and recovery affect performance?            How does the acquisition of skill affect performance?</p>											
<b>1</b>	<p><b>CORE 1 - Health Priorities in Australia</b>            H1, H2, H3, H4, H5, H14, H15, H16            How are priority issues for Australia's health identified?            What are the priority issues for improving Australia's health?            What role do health care facilities and services play in achieving better health for all Australians?            What actions are needed to address Australia's health priority issues?</p>											
<b>2</b>	<p><b>OPTION 4 – Improving Performance</b>            H7, H8, H9, H10, H16, H17            How do athletes train for improved performance?            What are the planning considerations for improving performance?            What ethical issues are related to improving performance?</p>						Revision	Trial HSC Exams				
<b>3</b>	<p><b>OPTION 3 – Sports Medicine</b>            H8, H13, H16, H17            How are sports injuries classified and managed?            How does sports medicine address the demands of specific athletes?            What roles do preventative actions play in enhancing the wellbeing of the athlete?            How is injury rehabilitation managed?</p>						Exam Preparation					

**Unit Assessment**

TASK	WEIGHTING	DATE
Factors Affecting Performance	25%	Term 4 Week 10
Health Priorities in Australia	25%	Term 1 Week 10
Trial HSC	30%	Term 2 Week 9/10
Sports Medicine	20%	Term 3 Week 5

\*Appropriate Resources for each unit are outlined in Teaching and Learning Programs

**Class:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_