					PD/HEALTH/	PE SYLLABUS	- STAGE 1						
						TENT STRAND							
	Health, Wellbeing &			Mover	nent Skill			F	lealthy Safe a	nd		Registration Teacher/ Coach	Registration Teacher
	Relationships			and Per	formance				Active Lifestyl	es		Week A	Week B
					CONTE	NT DESCRIPT	ORS				÷		
	1		-		ptors for NSW		1	-					
		Demonstrate movement skills	Apply movement	Propose a range of alternatives	Use strategies to work in group	Identify rules and fair play	Create and participate in	Identify and explore natural	Describe situations where	Practise strategies they	Explore actions and		
	develop caring	and movement	concepts to	and test their	situations when	when	games with and	and built	they are	can use to	opportunities to		
	and respectful relationships	sequences in a variety of	create and perform	effectiveness when solving	participating in physical	participating in physical	without equipment	environments in the local	required to make healthy	support their own and others'	promote and celebrate		
	and include	contexts	movement	movement	activities	activities	(ACPMP027)	community	and/or safe	health, safety	healthy, safe		
	others to make them feel they		sequences	challenges (ACPMP031)	(ACPMP030)	(ACPMP032)		where physical activity can take	decisions (ACPPS018)	and wellbeing (ACPMP030)	and active living		
	belong, for			(*****************				place	(,	(,			
	example: (ACPPS019)							(ACPPS023)					
	(ACT 5015)												
COORDINATION & AGILITY													
ACTIVITIES													
SKIPPING													
1.Skipping Forward and Backward		✓		✓				✓	✓		✓	1	
2.Skipping for Length		~		· ·				· ·	· ·	1	· ·		
3. Skipping for Height		~		 ✓ 				~	~		~		
4. Rope Skipping	~	~		~	~	 ✓ 	~	~	✓	~	~		
RUNNING													
1. Jogging Forward and Backward		~		✓				~	~		~		
2. Jogging Fwd, Bwd and Lateral		✓ ✓		✓				✓ ✓	✓		✓		
3. Jogging Fast Leg, Heel Flick		✓ ✓		✓ ✓				✓ ✓	✓ ✓		✓ ✓		
4. Karioka Step SPRINTING		~		✓	1			✓	✓		✓		
1. Sprinting		~		✓				✓	✓		✓		
2. Bow Tie Agility Drill		* *		✓ ✓				▼✓	▼✓		✓ ✓		
3. Diagonal, Forward, Backward		· ·		· ·				· ·	· ·		· ·		
4. Lateral, Forward, Backward		~		✓				✓	✓		~		
5. Jumps, Cone Weave, Fwd, Bwd		✓		✓				✓	✓		~		
6. Run and Touch		~		✓				✓	✓		~		
MARCHING			1					1				T	
1. High March, Arms Abducted		✓		✓				✓	✓		✓		
2. High March, Arms in Front		✓ ✓		✓ ✓				✓ ✓	✓ ✓		✓ ✓		
 High March, Rotate High Knee March and Rotate 		✓ ✓		✓✓				▼✓	✓ ✓		✓ ✓		
LUNGING		•		•	1			•	•	1	•	ļ	
1. Walking Lunge		~		✓				✓	✓		✓		
2. Lunge and Scoop		~		 ✓ 				~	 ✓ 		~		
3. Lunge and Rotate		✓		✓				✓	✓		~		
JUMPING		•	1	-	-	-	•	1	-	-			
1. Jump for Rhythm and Frequency		~		~				~	~		~		
2. Tuck Jumps		✓ ✓		✓	-			✓	✓		✓		
3. Fwd, Bwd, Lateral Jumps		✓ ✓		✓ ✓				✓ ✓	✓ ✓		✓ ✓		
4. 180 Degreee Spin Jump 5. Jump Squat to Lunge		✓ ✓		✓ ✓				✓ ✓	✓ ✓		✓ ✓		
6. Rhythm Jumping		✓		✓				▼ ▼	▼✓		✓ ✓		
HOPPING					1	1		1 ·	· ·	1	· ·		
1. Hops in Place		~		 ✓ 				 ✓ 	~		~		
2. Hopping Laterally		~		 ✓ 				~	~		✓		
3. Hops with Leg Cycle		~		~				~	~		~		
4. Hopping for Length		~		~				~	~		~		
5. 180 Degree Hops		~		✓				✓	 ✓ 		✓		
SKILL DEVELOPMENT													
ACTIVITIES													
1. Exploration Activites	 ✓ 	✓		✓	✓	 ✓ 	 ✓ 	 ✓ 	 ✓ 	 ✓ 	✓		
2. Ball Handling	· ·	· ·		· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·		
3. Passing	~	~		✓	~	~	~	~	~	~	~		
4. Throwing	 ✓ 	~		 ✓ 	~	 ✓ 	~	~	 ✓ 	~	✓		
5. Kicking	~	~		~	~	~	~	~	~	~	~		
6. Juggling	~	~		~	~	✓	~	~	 ✓ 	✓	✓		
MOVING IN THE ENVIRONMEN	IT												
ACTIVITIES													
1. Precision Jumps		~		✓				 ✓ 	 ✓ 		✓		
2. Cat Crawl		✓ ✓		✓				▼✓	▼✓		▼✓		
2. Cut cluwi		· ·	l		+	1	1	· ·	· ·		· ·		
3. Pole Climb		✓		✓				•	•		•		
		~ ~						· ·	✓ ✓		✓		
3. Pole Climb													
3. Pole Climb 4. Vaulting		~		~				~	~		~		

Health, Wellbeing 8 Relationship Describe and practise ways develop caring and respectful relationships and include others to mak them feel they belong, for example: (ACPPS019) DYNAMIC MOVEMENT CONTROL ACTIVITIES 1. Fixed Leg Stepping 2. Quadruped 3. Rhythmical Squat 4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT	by Demonstrate to movement skills and movement sequences in a variety of contexts e	Apply movement concepts to create and perform movement sequences	and Per	nent Skill formance CONTE ptors for NSW Use strategies to work in group situations when participating in physical activities	Identify rules and fair play	ORS	<u>click here</u> Identify and explore natural	they are required to make healthy and/or safe decisions (ACPPS018)	es Practise	healthy, safe and active living	Registration Teacher/ Coach Week A	Registration Teacher Week B
Relationship Describe and practise ways develop caring and respectful relationships and include others to make them feel they belong, for example: (ACPPS019) DYNAMIC MOVEMENT CONTROL ACTIVITIES 1. Fixed Leg Stepping (ACPPS019) 2. Quadruped 3. Rhythmical Squat 4. 4. Trunk Rotation 5. 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. 10. 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT	bemonstrate movement skills and movement sequences in a variety of contexts e y	Apply movement concepts to create and perform movement sequences	the Sub Descri Propose a range of alternatives and test their effectiveness when solving movement challenges (ACPMP031)	CONTE ptors for NSW Use strategies to work in group situations when participating in physical activities	PD HEALTH F Identify rules and fair play when participating in physical activities	Create and participate in games with and without equipment	Click here Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)	Active Lifestyl	es Practise strategies they can use to support their own and others' health, safety and wellbeing	and opportunities to promote and celebrate healthy, safe and active living		
practise ways develop caring and respectful relationships and include others to make them feel they belong, for example: (ACPPS019)DYNAMIC MOVEMENT CONTRUACTIVITIES1. Fixed Leg Stepping12. Quadruped13. Rhythmical Squat14. Trunk Rotation15. Pepe Le Pew16. Bilateral Squat to Jump to17. Unilateral Squat to Jump to18. Bent Arm Plank to Squat19. Hand Stand110. Standing Position to Bwd Roll111. Drop Arm Spin112. Forward Roll113. Pivot Lunge114. Ribbon Arm Spin115. Rollercoaster Surfers1CORE MOVEMENT	to movement skills and movement sequences in a variety of contexts e y	Apply movement concepts to create and perform movement sequences	Propose a range of alternatives and test their effectiveness when solving movement challenges (ACPMP031)	ptors for NSW Use strategies to work in group situations when participating in physical activities	PD HEALTH F Identify rules and fair play when participating in physical activities	Create and participate in games with and without equipment	Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)	situations where they are required to make healthy and/or safe decisions (ACPPS018)	e strategies they can use to support their own and others' health, safety and wellbeing	and opportunities to promote and celebrate healthy, safe and active living		
practise ways develop caring and respectful relationships and include others to make them feel they belong, for example: (ACPPS019) DYNAMIC MOVEMENT CONTROL ACTIVITIES 1. Fixed Leg Stepping 2. Quadruped 3. Rhythmical Squat 4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT	to movement skills and movement sequences in a variety of contexts e y	Apply movement concepts to create and perform movement sequences	Propose a range of alternatives and test their effectiveness when solving movement challenges (ACPMP031)	Use strategies to work in group situations when participating in physical activities	Identify rules and fair play when participating in physical activities	Create and participate in games with and without equipment	Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)	situations where they are required to make healthy and/or safe decisions (ACPPS018)	e strategies they can use to support their own and others' health, safety and wellbeing	and opportunities to promote and celebrate healthy, safe and active living		
ACTIVITIES 1. Fixed Leg Stepping 2. Quadruped 3. Rhythmical Squat 4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT		> > > > > > > > > > > > > > > > > >					* * *	・ ・ ・ ・		* * *		
ACTIVITIES 1. Fixed Leg Stepping 2. Quadruped 3. Rhythmical Squat 4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT		> > > > > > > > > > > > > > > > > >					* * *	・ ・ ・ ・		* * *		
1. Fixed Leg Stepping 2. Quadruped 3. Rhythmical Squat 4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT		> > > > > > > > > > > > > > > > > >					* * *	・ ・ ・ ・		* * *		
2. Quadruped 3. Rhythmical Squat 4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT		> > > > > > > > > > > > > > > > > >	V V V V V V V V V V V V V V V V V V				~ ~	・ ・ ・ ・		* * *		
4. Trunk Rotation 5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers		* *					~	~		~		
5. Pepe Le Pew 6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers			* * * * * * * * * * * * * *									
6. Bilateral Squat to Jump to 7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT		> > > > > > > >	* * * * * * * * * * *				~					
7. Unilateral Squat to Jump to 8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers		* * * * * * * * * * * * *	* * * *				I •	✓		✓		
8. Bent Arm Plank to Squat 9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT		> > > > > >	✓ ✓ ✓		1		✓ ✓	✓ ✓		✓ ✓		
9. Hand Stand 10. Standing Position to Bwd Roll 11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers	V V V V V V V V V V V	× × × × × × × × ×	✓ ✓	1			✓✓	▼✓		✓✓		
11. Drop Arm Spin 12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT	* * * * *	✓ ✓ ✓					· ·	· ·		✓		
12. Forward Roll 13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT	✓ ✓ ✓ ✓	✓ ✓	✓				~	~		~		
13. Pivot Lunge 14. Ribbon Arm Spin 15. Rollercoaster Surfers	✓ ✓	~					✓	 ✓ 		✓		
14. Ribbon Arm Spin 15. Rollercoaster Surfers CORE MOVEMENT	~		✓ ✓				✓ ✓	✓ ✓		✓ ✓		
15. Rollercoaster Surfers CORE MOVEMENT		✓	✓ ✓				~ ~			✓ ✓		
		× ×	· ·	1			✓✓	▼✓	1	✓✓		
				1					1			
ACTIVITIES												
1. Mountain Pose	✓		✓					✓		✓		
2. Mountain Pose (Arms Abducted) 3. Tree Pose	✓ ✓		✓ ✓					✓ ✓		✓ ✓		
4. Standing Overhead Arms	✓✓							▼ ▼		✓✓		
5. Chair Pose	· ·		· ·					· ·		· •		
6. Star Pose	~		~					 ✓ 		~		
7. Triangle Pose	~		~					~		~		
8. Rotated Triangle	✓		✓					✓		✓		
9. Warrior Pose	✓ ✓							✓ ✓		✓ ✓		
10. Kneeling Warrior Pose 11. Side Warrior Pose	✓✓							▼ ▼		✓ ✓		
12. Extended Lateral Lunge Pose	· ·		· ·					· ·		· •		
13. Rotated Lunge Pose	~		 ✓ 					~		~		
14. Rotated Single Leg Balance	~		~					✓		~		
15. Open Single Leg Balance	✓		~					~		~		
16. Raised Leg Pose (Neutral)	✓		✓					✓ ✓		✓		
17. Raised Leg Pose (Open) 18. Raised Leg Pose (Rotated)	✓ ✓		✓ ✓					✓ ✓		✓ ✓		
19. Prayer Position w/ Bent Over Warrior	· ·		· ·					✓ ✓		× ×		
20. Eagle Pose	~		· · ·					✓		✓		
21. Legs Wide Pose (Concave Back)	✓		 ✓ 					✓		✓		
22. Legs Wide Pose (Holding Ankles)	•		✓					 ✓ 		✓		
23. Legs Wide Pose (Headstand Position)	✓		✓					✓ ✓		✓ ✓		
24. Legs Wide Pose (Arms Over) 25. Legs Wide Pose (Rotated)	 ✓ ✓ 							✓ ✓		✓ ✓		
26. Rag Doll	· ·		× ×	1				▼✓		▼✓		
27. Gorilla Pose	✓		· ·					✓ ✓		✓		
28. Straight Back Gorilla Pose	~		~					~		~		
29. Single Leg Balance w/ Hip Extension	✓ ✓		✓					~		✓ ✓		
30. Boat Pose	 ✓ ✓ 							~ ~		✓ ✓		
31. Spider Pose 32. Drawbridge Pose	✓ ✓							✓ ✓		*		
33. Simple Cross Leg Pose	✓		· ·	1				▼✓		▼✓		
34. Kneeling Back Bend	✓		· ·					✓		✓		
35. Prone Glute	~		~					~		~		
36. Butterfly Pose	✓		✓					~		✓		
37. Bow Pose	 ✓ ✓ 		✓ ✓					✓ ✓		✓ ✓		
38. Rolling Bow Pose 39. Kneeling Overhead Arms	✓ ✓							✓ ✓		✓ ✓		
40. Kneeling Lateral Trunk Flexion	· ·		· ·					· ·		• •		
41. Downward Facing Dog	~		~					~		✓		
42. Up Face Dog	~		~					~		~		
43. Crocodile Pose	✓		✓			-		~		✓		
44. Side Star Pose	✓ ✓		v					✓ ✓		✓ ✓		
45. Camel Pose 46. Half Bridge (Holding Ankles)	 ✓ ✓ 		✓ ✓					✓ ✓		✓ ✓		
40. Half Bridge (Fingers Interlocked)	✓✓		✓ ✓	1			+	▼✓		▼✓		
48. Crane Pose	· ·		· ·					· ·		· ·		
49. Frog	~		~					 ✓ 		~		
50. Child's Pose	•		✓					 ✓ 		✓		
51. Pretzel with Eagle 52. Arms Under Over	 ✓ ✓ 		✓ ✓					~ ~	1	 ✓ 		

					PD/HEALTH/								
	Health,			Mouor	CON [®] CON®	TENT STRAND	S		aalthu Safa a	nd	1	Registration	Registration
	Wellbeing &				formance				ealthy Safe a ctive Lifestyle			Teacher/ Coach	Teacher
	Relationships					NT DESCRIPT	ORS					Week A	Week B
			To explore t		otors for NSW	PD HEALTH P		click here					
	Describe and practise ways to		Apply movement	Propose a range of alternatives	Use strategies to work in group	Identify rules and fair play	Create and participate in	Identify and explore natural	Describe situations where	Practise strategies they	Explore actions and		
	develop caring	and movement	concepts to	and test their	situations when	when	games with and	and built	they are	can use to	opportunities to		
	and respectful relationships	sequences in a variety of	create and perform	effectiveness when solving		participating in physical	without equipment	environments in the local	required to make healthy	support their own and others'	promote and celebrate		
	and include	contexts	movement	movement	activities	activities	(ACPMP027)	community	and/or safe	health, safety	healthy, safe		
	others to make		sequences	challenges	(ACPMP030)	(ACPMP032)		where physical	decisions	and wellbeing	and active living		
	them feel they belong, for			(ACPMP031)				activity can take place	(ACPPS018)	(ACPMP030)			
	example:							(ACPPS023)					
	(ACPPS019)												
CORE MOVEMENT CONTINUED)												
53. Full Bridge		✓		✓					✓		✓		
54. The Slide		~		~					~		~		
55. Plank Pose		✓		✓					✓		✓		
56. Table Pose		✓ ✓		✓ ✓					✓ ✓		✓ ✓		
57. Side Lying Bicep Stretch 58. Windscreen Wiper		✓ ✓							✓ ✓		✓ ✓		
58. Windscreen Wiper 59. Seated and Inverted 'L'		✓ ✓							✓ ✓		✓ ✓		
60. Crawling		 ✓ ✓ 		✓✓					* *		✓✓		
61. Prone Posture (Elbows Abducted)		· ·		· ·					✓ ✓		· ·		
62. Prone Posture (Elbows Flexed)		~		~	1	1			~	1	~		
63. Constructive Rest		~		~					~		~		
64. Corpse Pose		~		~					~		✓		
CHALLENGES & GAMES													
ACTIVITIES		-										•	
1. Aeroplanes and Airports	~	 ✓ 		 ✓ 	 ✓ 	 ✓ 	 ✓ 	~	~	 ✓ 	~		
2. Beat The Ball	✓	✓		✓	✓	✓	✓	✓	~	✓	~		
3. Bombardment	✓	✓ ✓		✓	✓ ✓	✓	✓	✓	✓ ✓	✓	✓ ✓		
4. Builders And Bulldozers	v	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
5. Capture The Flag	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
6. Combat 7. Cooperation Game	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		✓ ✓		
8. Crocodile Net	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓✓	✓ ✓		
9. Dodge Ball	~	↓↓		× ×	× ×	× ×	× ×	× ×	* *	× ×	↓ ↓		
10. Dog Pound	· ·	· ·		· ·	· ·	· ·	· ·	· ·	✓ ✓	· ·	· ·		
11. Explorer Ball	~	~		~	~	~	~	~	~	~	~		
12. Farmer Sam	✓	✓		✓	✓	✓	✓	~	~	 ✓ 	~		
13. Five Noses	 ✓ 	✓		✓	✓	✓	✓	✓	~	✓	✓		
14. Four Corner Drill	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
15. Foxes and Rabbits	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
16. Frisbee Football 17. Frisbee Ninja	✓ ✓	✓ ✓		~ ~	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
18. Grand Prix	✓ ✓	▼✓		▼ ▼	▼✓	▼ ▼	× ×	▼✓	* *	 ✓ ✓ 	↓ ↓		
19. Hero	· ·	· ·		· ·	· ·	· ·	· ·	· ·	×	· ·	· ·		
20. Hero 2	~	✓		~	~	✓	✓	~	✓	✓	~		
21. Hide And Seek	~	~		 ✓ 	~	 ✓ 	 ✓ 	~	~	 ✓ 	~		
22. Human Log Carry	 ✓ 	✓		 ✓ 	✓	✓	✓	✓	✓	✓	✓		
23. Imaginative Movements	~	 ✓ 		 ✓ 	~	~	~	~	~	 ✓ 	~		
24. Jurassic Park	✓	✓		✓	✓	~	✓	✓	~	✓	~		
25. Keep It Moving	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	 ✓ 	✓ ✓	•	✓ ✓	✓ ✓		
26. Keep The Basket Full	·	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
27. Kick the Can 28. Mad Eagle	✓ ✓							✓ ✓	✓ ✓		✓ ✓		
29. Moon Ball	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
30. Narnia	· ·	↓↓		✓	✓	✓✓	· ·	· ·	✓ ✓	✓✓	✓		
31. Not In My Back Yard	~	~		~	~	~	~	~	~	✓	~		
32. Numbering The Lines	~	 ✓ 		 ✓ 	 ✓ 	 ✓ 	 ✓ 	~	~	 ✓ 	~		
33. Pacman	~	~		~	~	~	~	~	~	~	~		
34. Pacosaurus	✓	~		✓	✓	~	✓	✓	~	✓	~		
35. Panthers And Leopards	✓	✓ ✓		✓	✓ ✓	✓	✓	✓	✓	✓	✓ ✓		
36. Pirate Ship	v	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ √	✓ ✓	✓ ✓		
37. Planet Invasion	·	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
38. Poison Dodge 39. Secret Admirer					✓ ✓				✓ ✓		✓ ✓		
40. Skittle Ball	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
41. Space Hunters	· ·	↓↓		✓	✓	✓✓	· ·	· ·	• •	✓✓	✓		
42. Star Wars		· ·		· ·	· •	· ·	· ·	· ·	×	· ·	· ·		
43. Target Ball	✓	✓		~	 ✓ 	~	 ✓ 	~	~	~	~		
	✓ ✓	·	1	✓	 ✓ 	~	~	~	~	~	~		
44. Untie The Knot	・ ・ ・	✓ ✓			✓	✓	✓	✓ ✓	~	~	✓		
45. Warriors, Warlocks And Elves	* * *	✓ ✓		~		-		•	•				
45. Warriors, Warlocks And Elves 46. Wasps	・ ・ ・	~		* *	· ·	~	 ✓ 	~	~	~	~		
45. Warriors, Warlocks And Elves 46. Wasps Tag	✓ ✓ ✓ ✓	* * *		~	~	1	1	1		T	Т		
45. Warriors, Warlocks And Elves 46. Wasps Tag 1. Arches Tag	✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓		* *	* *	~	~	~	~	~	~		
45. Warriors, Warlocks And Elves 46. Wasps Tag 1. Arches Tag 2. Chain Tag	✓ ✓ ✓ ✓	* * *		~	~	1	1	1		T	Т		
45. Warriors, Warlocks And Elves 46. Wasps Tag	✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓		* * *	* * *	~ ~	~ ~	✓ ✓	* *	~ ~	* *		
45. Warriors, Warlocks And Elves 46. Wasps Tag 1. Arches Tag 2. Chain Tag 3. Double Freeze Tag	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓		* * *	* * *	~ ~ ~	~ ~ ~	× × ×	* * *	* * *	* * *		
45. Warriors, Warlocks And Elves 46. Wasps Tag 1. Arches Tag 2. Chain Tag 3. Double Freeze Tag 4. Everybody's It	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓		× × × ×	✓ ✓ ✓ ✓ ✓	・ ・ ・ ・ ・	- V - V - V - V	* * *	* * *	* * *	* * *		
 45. Warriors, Warlocks And Elves 46. Wasps Tag 1. Arches Tag 2. Chain Tag 3. Double Freeze Tag 4. Everybody's It 5. Freight Train Tag 	・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・	V V		* * * *	✓ ✓ ✓ ✓ ✓ ✓ ✓				✓ ✓ ✓ ✓ ✓				
 45. Warriors, Warlocks And Elves 46. Wasps Tag 1. Arches Tag 2. Chain Tag 3. Double Freeze Tag 4. Everybody's It 5. Freight Train Tag 6. Head And Bottom Tag 	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓				✓ ✓ ✓ ✓ ✓ ✓		✓ ✓ ✓ ✓ ✓ ✓ ✓		

					PD/HEALTH/	PF SYLLABUS	- STAGE 1						
						TENT STRAND							
	Health, Wellbeing & Relationships				nent Skill formance				ealthy Safe an Active Lifestyle			Registration Teacher/ Coach Week A	Registration Teacher Week B
	•				CONTE	NT DESCRIPT	ORS	•			•		
			To explore t	he Sub Descri	ptors for NSW	PD HEALTH P	E SYLLABUS -	click here					
	practise ways to develop caring	Demonstrate movement skills and movement sequences in a variety of contexts	Apply movement concepts to create and perform movement sequences	Propose a range of alternatives and test their effectiveness when solving movement challenges (ACPMP031)	situations when participating in physical activities	and fair play	Create and participate in games with and without equipment (ACPMP027)	Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)	Describe situations where they are required to make healthy and/or safe decisions (ACPPS018)	can use to support their	Explore actions and opportunities to promote and celebrate healthy, safe and active living		
CHALLENGES & GAMES CO	NTINUED												
10. Scarecrow Tag	~	✓		✓	✓	✓	~	~	~	~	~		
11. Screen Tag	~	✓		✓	✓	✓	✓	~	~	~	~		
12. Snowball Tag	~	 ✓ 		✓	✓	~	✓	✓	~	~	~		
13. Tail Tag	✓	 ✓ 		✓	 ✓ 	✓	 ✓ 	~	~	~	~		
14. Team Tag	✓	~		~	~	~	~	~	~	~	~		
15. Ultimate Team Tail Tag	✓	~		~	~	~	~	~	~	~	~		
16. Wedge-Tail Eagle Tag	✓	 ✓ 		 ✓ 	✓	 ✓ 	✓	 ✓ 	✓	 ✓ 	 ✓ 		
Partner								1		1			
1. Bean Bag Crossover	✓	~		 ✓ 	~	~	 ✓ 	~	~	~	~		
2. Bridge Jumping	✓	~		✓	~	~	~	~	~	~	~		
3. Circus Balances	✓	~		~	~	~	~	~	~	~	~		
4. Gladiators	~	~		✓	~	✓	~	✓	~	✓	✓		
5. Leading	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
6. Leg Jumping	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓ ✓		
7. Mirroring	·	✓ ✓		 ✓ 	✓	✓ ✓	✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
8. Shadows	·	✓ ✓		✓ ✓	✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
9. Sitting Back To Back	· ·	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
10. Sumo Wrestling	· ·	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
11. Toe Tapper	· ·	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
12. Toe To Toe Fencing	~	~		 ✓ 	✓	~	 ✓ 	~	~	~	~		
Relay													
1. Drop Off Relay	 ✓ ✓ 	✓ ✓		✓ ✓	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓		
2. Line To Line Relay	~	•		✓	~	~	~	v	•	~	•		
Expansion		✓		✓	✓	✓	✓	~	~	✓	~		
1. Barry	-	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
2. Hunter 3. Lord Of The Rings	-	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		
4. Up and Adam		✓ ✓		✓ ✓	✓ ✓	▼ ▼	✓ ✓	✓ ✓	× ×	▼ ▼	✓ ✓		
	₹	- ▼		↓	•	•		•	•	•	•		