				PD/HE	EALTH/PE SYLI	LABUS - STAGI	E 2					
	Health,				CONTENT S	TRANDS					Registration	Registration
	Wellbeing &				ent Skill formance				lealthy Safe a Active Lifestyl		Teacher/ Coach	Teacher
	Relationships				CONTENT DES	CRIPTORS					Week A	Week B
			To explore t			PD HEALTH P	E SYLLABUS -	<u>click here</u>				
		Make positive contributions	Perform and refine	Practise and	Pose questions, test	Adopt	Apply basic rules and	Describe how their own and	Perform	Examine the effects of		
	practise ways respect,	to group	movement	apply movement	1 -	practices when		others' skills	physical activities	physical		
	empathy and	activities	skills in a	concepts and		participating in		and strategies	designed to	activity on the		
	valuing diversity can		variety of movement	movement skills to create	solving strategies to	1	demonstrate fair play when	contribute to healthy and	enhance fitness and	mind and body		
	positively		sequences and	and perform	solve	(ACPMP048)	participating in	safe outcomes	discuss the			
	influence respectful		contexts	movement sequences	movement challenges		physical activities	in a variety of situations	impact of regular			
	relationships						(ACPMP050)		participation			
	(ACPPS037)								on health and wellbeing			
COORDINATION & AGILITY									, ,			
ACTIVITIES												
SKIPPING												
1.Skipping Forward and Backward			√ 	√ /	√ /			√ 	√ /	<b>√</b>		
Skipping for Length     Skipping for Height			√ √	√ √	√ √			√ √	√ √	√ √		
4. Rope Skipping		<b>√</b>	<b>√</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>		<b>√</b>	<b>√</b>	<b>√</b>		
RUNNING												
1. Jogging Forward and Backward			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
2. Jogging Fwd, Bwd and Lateral			<b>√</b>	√ /	√ /			<b>√</b>	<b>√</b>	<b>√</b>		
Jogging Fast Leg, Heel Flick     Karioka Step		1	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	✓ ✓	✓ ✓			✓ ✓	\ \ \	✓ ✓		
SPRINTING			· ·	<u> </u>	<u> </u>			· · ·	· · ·	<u> </u>		
1. Sprinting			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
2. Bow Tie Agility Drill			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
3. Diagonal, Forward, Backward			<b>√</b>	<b>√</b>	√ /			√ 	<b>√</b>	<b>√</b>		
Lateral, Forward, Backward     Jumps, Cone Weave, Fwd, Bwd			√ √	✓ ✓	√ √			√ √	√ √	√ √		
6. Run and Touch		1	<b>√</b>	✓ ✓	<b>✓</b>			<b>√</b>	<b>√</b>	<b>√</b>		
MARCHING												
1. High March, Arms Abducted			✓	✓	✓			✓	✓	✓		
2. High March, Arms in Front			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
High March, Rotate     High Knee March and Rotate			√ √	✓ ✓	√ √			√ √	√ √	√ √		
LUNGING				V	· ·							
1. Walking Lunge			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
2. Lunge and Scoop			✓	✓	✓			✓	✓	✓		
3. Lunge and Rotate			<b>√</b>	<b>√</b>	<b>✓</b>			<b>√</b>	✓	<b>✓</b>		
JUMPING  1. Jump for Rhythm and Frequency		T	<b>√</b>	<b>√</b>	<b>√</b>		l	<b>√</b>	<b>√</b>	<b>√</b>		
2. Tuck Jumps			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
3. Fwd, Bwd, Lateral Jumps			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
4. 180 Degreee Spin Jump			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
5. Jump Squat to Lunge			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	√ √	<b>√</b>		
6. Rhythm Jumping HOPPING			✓		<b>√</b>			✓		<b>√</b>		
1. Hops in Place			<b>√</b>	<b>✓</b>	<b>✓</b>			<b>√</b>	<b>√</b>	<b> </b>		
2. Hopping Laterally			<b>√</b>	√	√			<b>√</b>	✓	✓		
3. Hops with Leg Cycle			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
4. Hopping for Length			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	√ √	<b>√</b>		
5. 180 Degree Hops  SKILL DEVELOPMENT			<b>√</b>	<b>√</b>	<b> </b>			<b>√</b>			l	
ACTIVITIES  1. Exploration Activites	<b>√</b>		<b> </b>	<b>√</b>	<b>√</b>	<b>√</b>	<b> </b>	<b> </b>	<b> </b>	<b> </b>		
Exploration Activities     Ball Handling	<b>√</b>	<b>√</b> ✓	<b>√</b>	✓ ✓	<b>✓</b>	<b>✓</b>	\ \ \ \	<b>√</b>	<b>√</b>	<b>√</b>		
3. Passing	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
4. Throwing	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
5. Kicking	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
6. Juggling	<b>√</b>	✓	<b> </b>	✓	√	✓	√	<b>✓</b>	<b>√</b>	✓		
MOVING IN THE ENVIRONME	VT											
ACTIVITIES							1					
1. Precision Jumps			<b>√</b>	√ /	√ /			<b>√</b>	<b>√</b>	<b>√</b>		
Cat Crawl     Pole Climb			√ √	√ √	√ √			√ √	√ √	√ √		
4. Vaulting		1	<b>√</b>	√ √	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
5. Rolling			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
6. Hanging and Swinging			<b>√</b>	✓	√			<b>√</b>	<b>√</b>	√		
7. Exploration Activities			✓	✓	✓			✓	$\checkmark$	✓		

				PD/HE		LABUS - STAGI	2					
	Health,			Mayam	CONTENT Sinent Skill	TRANDS			loolthy Safa a		Registration	Registration
	Wellbeing & Relationships				ormance				lealthy Safe a Active Lifestyl		Teacher/ Coach Week A	Teacher Week B
					CONTENT DES							
	Describe and	Make positive	To explore the Perform and	ne Sub Descrip Practise and		PD HEALTH P	Apply basic	click here Describe how	Perform	Examine the		
	practise ways respect, empathy and valuing diversity can positively influence respectful relationships (ACPPS037)	contributions to group activities	refine movement	apply movement concepts and movement skills to create	questions, test solutions and use problem- solving	inclusive practices when participating in physical activities (ACPMP048)	rules and scoring systems, and demonstrate fair play when	their own and others' skills and strategies contribute to healthy and safe outcomes in a variety of situations	physical activities designed to enhance fitness and	effects of physical activity on the mind and body		
DYNAMIC MOVEMENT CONTRO	OL											
ACTIVITIES								1				
1. Fixed Leg Stepping			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
2. Quadruped			√ /	√ /	√ /			√ /	√ /	<b>√</b>		
3. Rhythmical Squat			✓ ✓	<b>√</b>	<b>√</b>			√ /	√ /	<b>√</b>		
Trunk Rotation     Pepe Le Pew			./	✓ ✓	√ √			√ ✓	√ √	√ ✓		
6. Bilateral Squat to Jump to	1		✓ ✓	✓ ✓	✓ ✓	1		√ √	<b>√</b>	<b>√</b>		
7. Unilateral Squat to Jump to			<b>✓</b>	✓ ✓	<b>✓</b>			<b>√</b>	<b>√</b>	<b>√</b>		
8. Bent Arm Plank to Squat			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
9. Hand Stand			√	√	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
10. Standing Position to Bwd Roll			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
11. Drop Arm Spin			✓	✓	✓			✓	✓	<b>√</b>		
12. Forward Roll			✓	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
13. Pivot Lunge			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
14. Ribbon Arm Spin			<b>√</b>	<b>√</b>	√ /			√ /	√ /	<b>√</b>		
15. Rollercoaster Surfers			<b>✓</b>	✓	✓			✓	✓	✓		
CORE MOVEMENT												
ACTIVITIES												
1. Mountain Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
2. Mountain Pose (Arms Abducted)			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
3. Tree Pose			<b>√</b>	<b>√</b>	√ 			<b>√</b>	√ /	<b>√</b>		
4. Standing Overhead Arms			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	√ ✓		
5. Chair Pose 6. Star Pose			√ √	✓ ✓	\ \ \			√ ✓	√ √	<b>√</b>		
7. Triangle Pose			<b>✓</b>	✓ ✓	✓ ✓			✓ ✓	<b>√</b>	<b>√</b> ✓		
8. Rotated Triangle			<b>√</b>	<b>√</b>	·			<b>√</b>	<b>√</b>	<b>√</b>		
9. Warrior Pose	1		√	√	<b>√</b>			√	<b>√</b>	<b>√</b>		
10. Kneeling Warrior Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
11. Side Warrior Pose			✓	✓	<b>√</b>			<b>√</b>	✓	✓		
12. Extended Lateral Lunge Pose			✓	✓	✓			✓	✓	✓		
13. Rotated Lunge Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	✓	✓		
14. Rotated Single Leg Balance			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
15. Open Single Leg Balance			<b>√</b>	<b>√</b>				<b>√</b>	<b>√</b>			
16. Raised Leg Pose (Neutral)			√ ✓	√ ✓	√ √			√ √	√ √	√ ✓		
17. Raised Leg Pose (Open)  18. Raised Leg Pose (Rotated)			√ ✓	√ ✓	./			√ ✓	√ √	<b>√</b>		
19. Prayer Position w/ Bent Over Warrior			<b>√</b>	✓ ✓	√ √			✓ ✓	<b>√</b>	<b>√</b>		
20. Eagle Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
21. Legs Wide Pose (Concave Back)			√	√	√			√	√	√		
22. Legs Wide Pose (Holding Ankles)			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
23. Legs Wide Pose (Headstand Position)			✓	✓	✓			✓	✓	✓		
24. Legs Wide Pose (Arms Over)			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
25. Legs Wide Pose (Rotated)			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
26. Rag Doll			√ /	<b>√</b>	<b>√</b>			√ /	<b>√</b>	<b>√</b>		
27. Gorilla Pose			<b>√</b>	<b>√</b>	<b>√</b>			√ /	√ /	<b>√</b>		
<ul><li>28. Straight Back Gorilla Pose</li><li>29. Single Leg Balance w/ Hip Extension</li></ul>			√ ✓	✓ ✓	√ ✓			√ √	√ ✓	√ ✓		
30. Boat Pose			<b>√</b>	√ √	√ √	1		✓ ✓	√ √	<b>√</b>		
31. Spider Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
32. Drawbridge Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
33. Simple Cross Leg Pose			<b>√</b>	<b>√</b>	✓			<b>√</b>	<b>√</b>	<b>√</b>		
34. Kneeling Back Bend			✓	✓	<b>√</b>			✓	✓	✓		
35. Prone Glute			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
36. Butterfly Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
37. Bow Pose			<b>√</b>	<b>√</b>	√ /			√ /	√ /	<b>√</b>		
38. Rolling Bow Pose			√ ./	√ ✓	√ ✓			√ ✓	√ √	√ √		
39. Kneeling Overhead Arms  40. Kneeling Lateral Trunk Flexion			√ ✓	√ ✓	√ √			√ √	<b>√</b>	<b>√</b>		
41. Downward Facing Dog			<b>√</b>	✓ ✓	✓ ✓			✓ ✓	<b>√</b>	<b>√</b>		
42. Up Face Dog	1	1	<b>√</b>	✓ ✓	<b>√</b>	<u> </u>		<b>√</b>	<b>√</b>	<b>√</b>		
43. Crocodile Pose			· √	<b>√</b>	·			·	<b>√</b>	<b>√</b>		
44. Side Star Pose			√	√	√			√	√	\ \		
45. Camel Pose			<b>√</b>	<b>√</b>	<b>√</b>			√	√	<b>√</b>		
46. Half Bridge (Holding Ankles)			✓	✓	✓			✓	✓	✓		

				PD/HE	-	LABUS - STAG	E 2					
	Health,			Movem	CONTENT S	TRANDS			La althu Cafa a	al	Registration	Registratio
	Wellbeing & Relationships				formance				lealthy Safe a Active Lifestyl		Teacher/ Coach Week A	Teacher Week B
					CONTENT DES							
	Describe and	Make positive	To explore the Perform and	ne Sub Descrip	otors for NSW Pose	PD HEALTH P			Perform	Examine the		
	practise ways respect, empathy and valuing diversity can positively influence respectful relationships (ACPPS037)	contributions to group activities	refine movement skills in a variety of movement	apply movement concepts and movement skills to create	questions, test solutions and use problem- solving	-	rules and scoring	their own and others' skills and strategies contribute to healthy and	physical activities designed to enhance fitness and discuss the impact of regular participation on health and wellbeing	effects of physical activity on the mind and body		
CORE MOVEMENT CONTINUED												
47. Half Bridge (Fingers Interlocked)			✓	✓	✓			✓	✓	✓		
48. Crane Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
49. Frog			✓	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
50. Child's Pose			<b>√</b>	<b>√</b>	<b>√</b>			✓	<b>√</b>	<b>√</b>		
51. Pretzel with Eagle			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
52. Arms Under Over			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
53. Full Bridge			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
54. The Slide			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
55. Plank Pose			<b>√</b>	<b>√</b>	<b>√</b>			<b>√</b>	<b>√</b>	<b>√</b>		
56. Table Pose			√	√	<b>√</b>			√	<b>√</b>	<b>√</b>		
57. Side Lying Bicep Stretch			<b>√</b>	√ /	<b>√</b>			√ /	<b>√</b>	<b>√</b>		
58. Windscreen Wiper			<b>√</b>	<b>√</b>	<b>√</b>			√ /	<b>√</b>	<b>√</b>		ı
59. Seated and Inverted 'L' 60. Crawling			√ √	√ √	√ √			√ √	√ √	√ √		i
60. Crawling 61. Prone Posture (Elbows Abducted)			√ √	√ √	✓ ✓			√ √	✓ ✓	<b>√</b>		i
62. Prone Posture (Elbows Flexed)			\ \	<b>√</b>	<b>√</b> √			<b>√</b>	<b>√</b>	<b>√</b>		
63. Constructive Rest			./	<b>√</b>	./			<b>√</b>	<b>√</b> √	<b>√</b>		
64. Corpse Pose			<b>√</b>	<b>√</b>	\ \ \ \ \			<b>√</b>	<b>√</b>	<b>√</b> ✓		
CHALLENGES & GAMES			•	•	· ·			•	•	•		
ACTIVITIES				1 ,	-				-		1	
1. Aeroplanes and Airports	<b>√</b>	<b>√</b>	√ /	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	√ /	<b>√</b>	<b>√</b>		<u> </u>
2. Beat The Ball	<b>√</b>	<b>√</b>	√ /	√ /	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		i
Bombardment     Builders And Bulldozers	√ √	√ √	√ /	√ ✓	<b>√</b> √	√ √	√ √	√ √	√ √	√ √		
	<b>√</b>	<b>√</b>	<b>√</b>	<b>✓</b>	<b>√</b> √	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b> √	<b>√</b>		
5. Capture The Flag 6. Combat	<b>√</b>	<b>√</b>	<b>√</b>	<b>✓</b>		<b>√</b>	<b>√</b> √	<b>√</b>	<b>√</b>	<b>√</b>		
7. Cooperation Game	<b>√</b>	<b>√</b> ✓	<b>√</b>	<b>√</b>		<b>√</b> √	<b>√</b> ✓	<b>√</b>	<b>√</b>	<b>√</b> ✓		<u> </u>
8. Crocodile Net	<b>√</b>	\ \ \ \ \	<b>√</b>	<b>√</b>		<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>			<u> </u>
9. Dodge Ball	<b>√</b>	<b>√</b> ✓		<b>√</b>		<b>√</b>	\ \ \ \ \	<b>√</b>	<b>√</b>	<b>√</b>		<u> </u>
10. Dog Pound	<b>√</b>	<b>√</b> √	<b>√</b>	<b>√</b>		<b>√</b>	<b> </b>	<b>√</b>	<b>√</b>	<b>√</b>		
11. Explorer Ball	<b>√</b>	<b>√</b>		<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
12. Farmer Sam	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
13. Five Noses	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
14. Four Corner Drill	<b>√</b>	· √	<b>√</b>	<b>√</b>	<b>→</b>	· √	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
15. Foxes and Rabbits	<b>√</b>	· √	<b>√</b>	<b>√</b>	<b>√</b>	· √	<b>√</b>	<b>√</b>	<b>√</b>	<b>/</b>		
16. Frisbee Football	·	· √	√	√	<b>√</b>	· √	· √	√	·	· √		<u> </u>
17. Frisbee Ninja	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
18. Grand Prix	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		1
19. Hero	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		i
20. Hero 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		1
21. Hide And Seek	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		ı I
22. Human Log Carry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		ı
23. Imaginative Movements	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		<u> </u>
24. Jurassic Park	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		<u> </u>
25. Keep It Moving	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		1
26. Keep The Basket Full	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
27. Kick the Can	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
28. Mad Eagle	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
29. Moon Ball	<b>√</b>	<b>√</b>	<b>√</b>	√	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
30. Narnia	<b>√</b>	√ √	√ /	√ /	√ /	√ √	√ √	√ √	√ /	√ /		<u> </u>
31. Not In My Back Yard	√ √	<b>√</b> √	√ √	√ √	/	<b>√</b>	<b>√</b> √	<b>√</b>	√ √	√ √		 I
32. Numbering The Lines 33. Pacman	✓ ✓	✓ ✓	√ √	√ √	<b>√</b>	√ √	√ √	√ √	<b>√</b>	√ √		. <u> </u>
33. Pacman 34. Pacosaurus	✓ ✓	√ √	√ √	√ √	<b>√</b>	√ √	<b>√</b>	✓ ✓	<b>√</b>	√ √		 I
34. Pacosaurus 35. Panthers And Leopards	✓ ✓	✓ ✓	√ √	√ √	✓ ✓	√ √	√ √	√ √	✓ ✓	√ √		
15. Panthers And Leopards 16. Pirate Ship	<b>√</b>	✓ ✓	√ √	√ √	✓ ✓	√ √	√ √	√ √	✓ ✓	√ √		 I
	<b>√</b>	✓ ✓		√ √	/	√ √	√ √	√ √	✓ ✓	√ √		 I
37. Planet Invasion			√ ./	<del></del>	/							
88. Poison Dodge	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	/	<b>√</b>	√ /	√ /	<b>√</b>	√ /		
89. Secret Admirer	√ √	<b>√</b>	√ √	√ /	✓ ✓	√ /	√ /	√ √	√ √	√ √		
40. Skittle Ball		<b>√</b>		√ /		√ /	<b>√</b>					i
11. Space Hunters	√ √	√ √	√ √	√ ✓	<b>√</b>	√ √	√ √	√ √	√ √	√ √		<u> </u>
42. Star Wars			,		<b>√</b>		•					ı
43. Target Ball	$\checkmark$	✓	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	✓	✓	1	1

				PD/HE	EALTH/PE SYLI	LABUS - STAG	E 2					
					CONTENT S							
	Health, Wellbeing & Relationships	Movement Skill and Performance							lealthy Safe a Active Lifestyl	Registration Teacher/ Coach Week A	Registration Teacher Week B	
					CONTENT DES	CRIPTORS						
		1			otors for NSW		1		T .			
	practise ways respect,	Make positive contributions to group activities	Perform and refine movement skills in a variety of movement sequences and contexts	Practise and apply movement concepts and movement skills to create and perform movement sequences	questions, test solutions and use problem- solving	practices when participating in physical activities (ACPMP048)	systems, and demonstrate fair play when	Describe how their own and others' skills and strategies contribute to healthy and safe outcomes in a variety of situations	Perform physical activities designed to enhance fitness and discuss the impact of regular participation on health and wellbeing	Examine the effects of physical activity on the mind and body		
CHALLENGES & GAMES CONTI	NUED											
44. Untie The Knot	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
45. Warriors, Warlocks And Elves	√	·	√	√	·	√	· √	· √	·	· √		
46. Wasps	√ ·	√ ·	√	√	√ ·	√	<u> </u>	√	√	√		
Тад		<u> </u>	<u> </u>	·	·	<u> </u>	·	<u> </u>				
1. Arches Tag	<b>√</b>	<b></b> ✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b></b> ✓	<b>√</b>	<b>√</b>		
2. Chain Tag	<b>√</b>	<b>√</b>	<u> </u>	<b>√</b>	<b>√</b>	√		· √	<b>√</b>	· √		
3. Double Freeze Tag	<b>√</b>	<b>√</b>	<i></i>	<b>√</b>	<b>√</b>	<b>√</b>	1	\ \ \	<b>√</b>	<b>√</b>		
4. Everybody's It	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
5. Freight Train Tag	<b>√</b>	<b>√</b>	<b>✓</b>	<b>✓</b>	<b>√</b>	<b>✓</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
6. Head And Bottom Tag	/	/	/	/	/	/	/	/	/	· · · /		
7. Line Tag	<b>√</b>	<b>√</b>	<b>✓</b>	✓ ✓	<b>√</b>	<b>√</b>	/	<b>√</b>	<b>√</b>	<b>√</b>		
	<b>√</b>	<b>√</b>	✓ ✓	✓ ✓	<b>√</b>	✓ ✓	\	<b>√</b> ✓	<b>√</b>	<b>√</b>		
8. Octopus Tag	<b>√</b>	<b>√</b>	✓ ✓				<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b> ✓		
9. Rock, Bridge, Tree Tag	_	<b>√</b>	<b>√</b>	<b>√</b>	√ /	√ /	V /					
10. Scarecrow Tag	<b>√</b>	<b>√</b>	<u> </u>	√ /	√ /	√ ✓	V /	√ √	√ √	<b>√</b>		
11. Screen Tag	√ √	<b>√</b>	✓ ✓	√ /	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
12. Snowball Tag			·	√ /	√ /					<b>√</b>		
13. Tail Tag	<b>√</b>	<b>√</b>	<b>√</b>	√	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	√	<b>√</b>		
14. Team Tag	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
15. Ultimate Team Tail Tag	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
16. Wedge-Tail Eagle Tag	✓	✓	<b>✓</b>	<b>√</b>	<b>✓</b>	<b>✓</b>		✓	✓	✓		
Partner				T .								
1. Bean Bag Crossover	✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
2. Bridge Jumping	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
3. Circus Balances	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
4. Gladiators	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
5. Leading	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
6. Leg Jumping	<b>√</b>	<b>√</b>	<b>√</b>	√	<b>√</b>	✓	✓	<b>√</b>	<b>√</b>	<b>√</b>		
7. Mirroring	✓	<b>√</b>	✓	√	<b>√</b>	✓	✓	<b>√</b>	<b>√</b>	<b>√</b>		
8. Shadows	✓	<b>√</b>	√	√	✓	√	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>		
9. Sitting Back To Back	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
10. Sumo Wrestling	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
11. Toe Tapper	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
12. Toe To Toe Fencing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Relay												
1. Drop Off Relay	✓	✓	✓	<b>√</b>	✓	✓	√	✓	√	✓		
2. Line To Line Relay	✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	<b>√</b>	✓		
Expansion												
1. Barry	<b>√</b>	<b>✓</b>	<b>✓</b>	<b>√</b>	✓	<b>✓</b>	<b>√</b>	✓	<b>√</b>	✓		
2. Hunter	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	<b>√</b>	✓	<b>√</b>	✓		
3. Lord Of The Rings	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	<b>√</b>	✓	<b>√</b>	✓		
4. Up and Adam	<b>√</b>	1	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	√		