

PD/HEALTH/PE SYLLABUS - STAGE 1												
CONTENT STRANDS												
Health, Wellbeing & Relationships	Movement Skill and Performance						Healthy Safe and Active Lifestyles			Registration Teacher/ Coach Week A	Registration Teacher Week B	
CONTENT DESCRIPTORS												
To explore the Sub Descriptors for NSW PD HEALTH PE SYLLABUS - click here												
	Describe and practise ways to develop caring and respectful relationships and include others to make them feel they belong, for example: (ACPPS019)	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)	Use strategies to work in group situations when participating in physical activities (ACPMP030)	Identify rules and fair play when participating in physical activities (ACPMP032)	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)	Practise strategies they can use to support their own and others' health, safety and wellbeing (ACPMP030)	Explore actions and opportunities to promote and celebrate healthy, safe and active living	
COORDINATION & AGILITY												
ACTIVITIES												
SKIPPING												
1. Skipping Forward and Backward		✓		✓			✓	✓		✓		
2. Skipping for Length		✓		✓			✓	✓		✓		
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. 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. High March, Arms Abducted		✓		✓			✓	✓		✓		
2. High March, Arms in Front		✓		✓			✓	✓		✓		
3. High March, Rotate		✓		✓			✓	✓		✓		
4. High Knee March and Rotate		✓		✓			✓	✓		✓		
LUNGING												
1. Walking Lunge		✓		✓			✓	✓		✓		
2. Lunge and Scoop		✓		✓			✓	✓		✓		
3. Lunge and Rotate		✓		✓			✓	✓		✓		
JUMPING												
1. Jump for Rhythm and Frequency		✓		✓			✓	✓		✓		
2. Tuck Jumps		✓		✓			✓	✓		✓		
3. Fwd, Bwd, Lateral Jumps		✓		✓			✓	✓		✓		
4. 180 Degree Spin Jump		✓		✓			✓	✓		✓		
5. Jump Squat to Lunge		✓		✓			✓	✓		✓		
6. Rhythm Jumping		✓		✓			✓	✓		✓		
HOPPING												
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 Activities	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
2. Ball Handling	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
3. Passing	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
4. Throwing	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
5. Kicking	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
6. Juggling	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
MOVING IN THE ENVIRONMENT												
ACTIVITIES												
1. Precision Jumps		✓		✓			✓	✓		✓		
2. Cat Crawl		✓		✓			✓	✓		✓		
3. Pole Climb		✓		✓			✓	✓		✓		
4. Vaulting		✓		✓			✓	✓		✓		
5. Rolling		✓		✓			✓	✓		✓		
6. Hanging and Swinging		✓		✓			✓	✓		✓		
7. Exploration Activities		✓		✓			✓	✓		✓		

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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													
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		✓		✓				✓			✓		
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		✓		✓				✓			✓		
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		✓		✓				✓			✓		
45. Camel Pose		✓		✓				✓			✓		
46. Half Bridge (Holding Ankles)		✓		✓				✓			✓		
47. Half Bridge (Fingers Interlocked)		✓		✓				✓			✓		
48. Crane Pose		✓		✓				✓			✓		
49. Frog		✓		✓				✓			✓		
50. Child's Pose		✓		✓				✓			✓		
51. Pretzel with Eagle		✓		✓				✓			✓		
52. Arms Under Over		✓		✓				✓			✓		

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CORE MOVEMENT CONTINUED													
53. Full Bridge		✓		✓				✓		✓			
54. The Slide		✓		✓				✓		✓			
55. Plank Pose		✓		✓				✓		✓			
56. Table Pose		✓		✓				✓		✓			
57. Side Lying Bicep Stretch		✓		✓				✓		✓			
58. Windscreen Wiper		✓		✓				✓		✓			
59. Seated and Inverted 'L'		✓		✓				✓		✓			
60. Crawling		✓		✓				✓		✓			
61. Prone Posture (Elbows Abducted)		✓		✓				✓		✓			
62. Prone Posture (Elbows Flexed)		✓		✓				✓		✓			
63. Constructive Rest		✓		✓				✓		✓			
64. Corpse Pose		✓		✓				✓		✓			
CHALLENGES & GAMES													
ACTIVITIES													
1. Aeroplanes and Airports	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
2. Beat The Ball	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
3. Bombardment	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
4. Builders And Bulldozers	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
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	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
37. Planet Invasion	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
38. Poison Dodge	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
39. Secret Admirer	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
40. Skittle Ball	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
41. Space Hunters	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
42. Star Wars	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
43. Target Ball	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
44. Untie The Knot	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
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	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
7. Line Tag	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
8. Octopus Tag	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
9. Rock, Bridge, Tree Tag	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		

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CHALLENGES & GAMES CONTINUED													
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. 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	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
Expansion													
1. Barry	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
2. Hunter	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
3. Lord Of The Rings	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		
4. Up and Adam	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		