# Teaching advice

# Health and Movement Science Life Skills 11 – 12 (2023): Depth Studies (Stage 6)

Depth Studies may be undertaken to explore one or more of the concepts within the syllabus. Depth Studies provide students with opportunities to develop, consolidate or apply understanding in health and movement concepts. A Depth Study is any type of activity that allows a student to further develop one or more concepts found within the syllabus.

A Depth Study may involve the following:

* engaging in extended independent or group tasks that allow for the consolidation of knowledge
* exploring the practical application of concepts
* identifying the links between concepts and skills across the health and movement fields.

### Requirements

Depth Studies are optional for the Health and Movement Science Life Skills course. Teachers of the Health and Movement Science Life Skills course can determine how and when a Depth Study is undertaken. Teachers may select the appropriate duration, focus area and approach, based upon their context and students’ abilities and interests.

### Types of Depth Studies

Depth Studies in Health and Movement Science Life Skills can occur in many forms, including the following:

* conducting research into a topic or person
* creating a visual representation, such as a poster, documentary or media report
* building a model
* conducting a practical investigation
* developing a portfolio or collection of resources
* role-playing scenarios
* multimodal presentations
* creating a health promotion campaign
* gathering and recording data, for example tables, graphs or infographics.

### Ideas for Depth Studies

#### Health for individuals and communities

* Make a healthy recipe book.
* Create a health promotion campaign about being a safe road user.
* Investigate a key health issue and develop strategies to improve young people’s health.

#### The body and mind in motion

* Create and follow a daily movement timetable that builds up strength and balance.
* Participate in a practical investigation to determine how to improve a selected fine or gross motor skill.
* Make a model of a body organ or joint.

#### Health in an Australian and global context

* Create and share a sun safety message.
* Create an information brochure about local healthcare providers to identify the different ways they can support young people.
* Create an infographic about health inequity in Australia
* Plan and participate in role-plays to respond to different health-related situations.

#### Training for improved performance

* Research a sport or athlete and create a profile.
* Plan or select and participate in a physical skills program related to a preferred activity.
* Gather data to track performance improvement.