



Term	Week	STAGE 5 - YEAR 10 - PDHPE – 2025 SCOPE & SEQUENCE
1	1	<b>PDH: The Next Chapter</b> (25 hours) Outcomes PD5-1, PD5-8, PD5-9, PD5-10 PD5-4, PD5-5, PD5-10, PD5-11
	2	<ul style="list-style-type: none"> <li>How can I be the best version of me and support the identity of others?</li> </ul>
	3	<ul style="list-style-type: none"> <li>How can people respond positively to life challenges?</li> </ul>
	4	<ul style="list-style-type: none"> <li>How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity?</li> </ul>
	5	<ul style="list-style-type: none"> <li>How can I include, assist and lead others during physical activity?</li> </ul>
	6	<b>PE: Ball Games / Recreational games</b>
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	<b>Assessment</b>
	9	<ul style="list-style-type: none"> <li>Job Application - cover letter and resume</li> <li>Recreational Sports and Pickleball skills</li> </ul>
	10	
2	1	<b>PDHPE: Benefits of Physical Activity and Nutrition</b> (25 hours) Outcomes PD5-2, PD5-4, PD5-6, PD5-7, PD5-8, PD5-9, PD5-10
	2	What strategies can I plan and prioritise in my community to empower individuals to lead healthy, safe and active lifestyles for the benefit of my own and others' wellbeing?
	3	How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity?
	4	
	5	Why are external influences an important aspect of my own and others' health, safety, wellbeing and participation in physical activity?
	6	<b>PE: Lifestyle Sports, Basketball and Athletics</b> (10 hours)
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	<b>Assessment</b>
	9	<ul style="list-style-type: none"> <li>Nutrition workbook</li> <li>Lifestyle Sports and Basketball Skill</li> </ul>
3	1	<b>PDHPE: Relationships</b> (25 hours) Outcomes PD5-1, PD5-2, PD5-3, PD5-9, PD5-10
	2	<ul style="list-style-type: none"> <li>How can I be the best version of me and support the identity of others?</li> </ul>
	3	<ul style="list-style-type: none"> <li>How can people respond positively to life challenges?</li> </ul>
	4	<ul style="list-style-type: none"> <li>What factors enhance inclusivity, equality and respect in relationships?</li> </ul>
	5	<ul style="list-style-type: none"> <li>What strategies can I plan and prioritise in my community to empower individuals to lead healthy, safe and active lifestyles for the benefit of my own and others' wellbeing?</li> </ul>
	6	<b>PE: Field Sports - Field Sports &amp; Basketball</b> (10 weeks)
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	<b>Assessment</b>
	9	<ul style="list-style-type: none"> <li>Case Study - role play and written submission</li> <li>Athletics and Field sports benchmarks</li> </ul>
	10	
4	1	<b>PDHPE: Second Opinion</b> (25 hours) Outcomes PD5-2, PD5-6, PD5-7, PD5-8, PD5-9
	2	<ul style="list-style-type: none"> <li>What strategies can I plan and prioritise in my community to empower individuals to lead safe, healthy and active lifestyles for the benefit of wellbeing?</li> </ul>
	3	<ul style="list-style-type: none"> <li>How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity?</li> </ul>
	4	<ul style="list-style-type: none"> <li>Why are external influences an important aspect of my own and other's health, safety, wellbeing and participation in physical activity?</li> </ul>
	5	
	6	<b>PE: Australian Sports</b> (9 weeks), <b>PE: Swimming &amp; SEA Surf Safety</b> (10 hours) and <b>PE: Cross Country</b> (5 hours) Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	7	
	8	<b>Assessment</b>
	9	<ul style="list-style-type: none"> <li>First Aid / CPR Written and Practical Assessment</li> <li>Benchmarks: Cross Country and Practical Beach Day Participation</li> </ul>

