



Term	Week	STAGE 4 - YEAR 7 & 8 - PDHPE – 2025 SCOPE & SEQUENCE
1	1	PDH: Let's all get Along (10 weeks)
	2	Outcomes PD4-1, PD4-2, PD4-3, PD4-9
	3	How do change, transition and environment shape my identity?
	4	What skills and strategies can be used to manage change, challenges and seek help?
	5	What skills and strategies can be used to promote inclusivity, equality and respectful relationships?
	6	PE: Swimming (10 hours) and PE: Net Games (10 weeks)
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	Assessment
	9	<ul style="list-style-type: none"> ● Week 6 - Letter - Formative Task 2
	10	<ul style="list-style-type: none"> ● Benchmarks: Swimming Skills and Racquet skills
2	1	PDHPE: Challenging Situations (25 hours)
	2	Outcomes PD4-1, PD4-2, PD4-3, PD4-9, PD4-10 PD4-4, PD4-5, PD4-11
	3	What are challenging situations?
	4	Where can I get help?
	5	How to communicate effectively to resolve or manage a challenging situation.
	6	How can I keep myself safe online?
	7	PE: Move & Play (9 weeks)
	8	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	9	Assessment <ul style="list-style-type: none"> ● Week 6 - Role Play - Formative Task ● Benchmarks: Waffle Ball Round Robin
3	1	PDHPE: Physical Wellbeing (25 hours)
	2	Outcomes PD4-2, PD4-6, PD4-7, PD4-8, PD4-9, PD4-10
	3	What positive actions contribute to the health, safety, wellbeing and participation in physical activity levels of the wider community?
	4	How can I effectively manage my own and support others' health, safety, wellbeing and participation in physical activity?
	5	Why are connection, inclusion and empowerment important for the health, safety, wellbeing and physical activity levels of the wider community?
	6	PE: Stick Games (10 weeks) and PE: Athletics (10 hours)
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	Assessment
	9	<ul style="list-style-type: none"> ● Heart disease research assignment - Formative Task 2
	10	<ul style="list-style-type: none"> ● Benchmarks: Athletics skills and Stick skills
4	1	Topic 4: Me, Myself and Everything Else (25 hours)
	2	Outcomes PD4-1, PD4-2, PD4-4, PD4-10, PD4-11
	3	How do change, transition and environment shape my identity?
	4	How can I evaluate movement competence, adapt movement skills and apply these skills in dynamic movement situations
	5	What skills and strategies can be used to manage change, challenges and seek help?
	6	PE: Oz Tag (9 weeks) and PE: Cross Country (5 hours)
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	Assessment
	9	<ul style="list-style-type: none"> ● Safe and Active Lifestyle – Formative Task 1 ● Benchmark: Cross Country benchmark