



Term	Week	STAGE 5 YEAR 9 PDHPE – 2025 SCOPE & SEQUENCE
1	1	<b>PDH: Personal Identity (10 weeks)</b>
	2	Outcomes PD4-1, PD4-2, PD4-3, PD4-4, PD4-9, PD4-10, PD4-11
	3	Students reflect on their identity and the various aspects that shape our identity.
	4	● How can I be the best version of me and support the identity of others?
	5	● How can people respond positively to life challenges?
	6	● External influences and planning for participation in a lifetime of physical activity
	7	<b>PE: Net Games (9 weeks) and Swimming (10 hours)</b>
	8	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	9	<b>Major Assessment:</b>
	10	Swimming and racquet Sports skills
2	1	<b>PDH: Lifelong Physical Activity (9 weeks)</b>
	2	Outcomes PD5-4, PD5-5, PD5-6, PD5-7, PD5-8, PD5-10, PD5-11
	3	Consider the benefit of physical activity throughout our lifetime. Examine:
	4	● External influences
	5	● Planning for participation in a lifetime of physical activity?
	6	<b>PE: Feel the Force - Team Games (9 weeks)</b>
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	<b>Major Assessment:</b>
	9	Risk taking Poster and Team games skills
3	1	<b>PDH: Experimenting Safely (10 weeks)</b>
	2	Outcomes PD5-1, PD5-2, PD5-9
	3	Students explore challenges facing adolescents, health services and information.
	4	● Strategies to empower individuals to lead healthy, safe and active lifestyles
	5	● external influences – positive and negative
	6	<b>PE: Stick Games - Lacrosse (5 weeks) / Athletics (5 weeks)</b>
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	<b>Major Assessment:</b>
	9	Vaping research assignment, athletics and games skills
	10	
4	1	<b>PDH: Playing it Safe (9 weeks)</b>
	2	Outcomes PD5, PD5-3, PD5-6, PD5-9
	3	Exploring Risky situations and how they can be managed, Safe decision making in challenging situations
	4	● Recognizing risks and developing strategies to cope
	5	● How can people respond positively to life challenges?
	6	<b>PE: Outdoor Challenges (9 weeks) and Cross Country (5 weeks)</b>
	7	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	8	<b>Major Assessment:</b>
	9	Design a fitness program, cross country and outdoor challenges skills