



Term	Week	YEAR 10 PDHPE – 2024 SCOPE & SEQUENCE
1	1	Topic 1: The Next Chapter (25 hours)
	2	Outcomes PD5-1, PD5-8, PD5-9, PD5-10 PD5-4, PD5-5, PD5-10, PD5-11
	3	<ul style="list-style-type: none"> • How can I be the best version of me and support the identity of others? • How can people respond positively to life challenges? • How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity? • How can I include, assist and lead others during physical activity?
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	9	Major Assessment: Job Application Task
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2		Outcomes PD5-2, PD5-4, PD5-6, PD5-7, PD5-8, PD5-9, PD5-10
3		<ul style="list-style-type: none"> • 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? • How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity? • Why are external influences an important aspect of my own and others' health, safety, wellbeing and participation in physical activity?
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9		Major Assessment: Physical Activity/ Diet Diary
3	1	Topic 3: Relationships (25 hours)
	2	Outcomes PD5-1, PD5-2, PD5-3, PD5-9, PD5-10
	3	<ul style="list-style-type: none"> • How can I be the best version of me and support the identity of others? • How can people respond positively to life challenges? • What factors enhance inclusivity, equality and respect in relationships? • 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?
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	9	Major Assessment: Application and Participation including Skills
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4	1	Topic 4: Second Opinion (25 hours)
	2	Outcomes PD5-2, PD5-6, PD5-7, PD5-8, PD5-9
	3	<ul style="list-style-type: none"> • 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? • How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity? • Why are external influences an important aspect of my own and other's health, safety, wellbeing and participation in physical activity?
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	8	Major Assessment: Exam TBA