



Term	Week	YEAR 9 PDHPE – 2024 SCOPE & SEQUENCE
1	1	<b>Topic 1: Personal Identity</b> (25 hours)
	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	<ul style="list-style-type: none"> <li>How can I be the best version of me and support the identity of others?</li> <li>How can people respond positively to life challenges?</li> </ul>
	5	<ul style="list-style-type: none"> <li>Why are external influences an important aspect of my own and others health, safety, wellbeing and participation in physical activity?</li> </ul>
	7	<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>
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	10	Major Assessment: Exploring Personal Identity task
	11	
	2	1
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
4		<ul style="list-style-type: none"> <li>Why are external influences an important aspect of my own and others' health, safety, wellbeing and participation in physical activity?</li> </ul>
5		<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>
6		<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>
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9		Major Assessment: Poster: Risks and Consequences of Physical Activity
3	1	<b>Topic 3: Experimenting Safely</b> (25 hours)
	2	Outcomes PD5-1, PD5-2, PD5-9
	3	Students explore challenges facing adolescents, health services and information.
	4	<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>
	5	<ul style="list-style-type: none"> <li>Why are external influences an important aspect of my own and others' health, safety, wellbeing and participation in physical activity?</li> </ul>
	6	<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>
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	9	Major Assessment: Sports Skills Evaluation
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4	1	<b>Topic 4: Playing it Safe</b> (25 hours)
	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	<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>
	5	<ul style="list-style-type: none"> <li>Health, safety, wellbeing and participation in a lifetime of physical activity?</li> <li>External influences on health, safety, wellbeing and participation in physical activity?</li> </ul>
	6	<ul style="list-style-type: none"> <li>How can people respond positively to life challenges?</li> </ul>
	7	
	8	Major Assessment: Practical Task / Final Exam TBA