



Term	Week	STAGE 5 - YEAR 10 - PDHPE – 2026 SCOPE & SEQUENCE
1	1	<b>PDHPE: Decoding reels of health information</b>
	2	Outcomes: PH5-SHP-01, PH5-SHW-01, PH5-IPS-01
	3	<b>PE: Ball Games / Recreational games</b>
	4	Outcomes: PH5-MSS-01, PH5-MSS-02, PH5-SMI-01
	5	<b>PE: Swimming</b>
	6	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	7	<b>Assessment</b>
	8	<ul style="list-style-type: none"> <li>● Week 6 - Poster - Wellbeing (Mental Health Services &amp; Support)</li> <li>● Week 8&amp;9 - Tennis round robin and game play skills</li> </ul>
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2	1	<b>PDHPE: Respectful relationships and consent culture</b>
	2	Outcomes PH5-SMI-01, PH5-SHW-01, PH5-RRL-01, PH5-IBC-01
	3	<b>PE: Lacrosse / Racket Sports</b>
	4	Outcomes:PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	5	<b>Assessment</b>
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	7	<ul style="list-style-type: none"> <li>● Week 4 - Recreational Wellbeing Activity Research</li> <li>● Week 8 - Nutrition workbook / diary</li> </ul>
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3	1	<b>PDHPE: Inspiring a health movement</b>
	2	Outcomes: PH5-SHP-01, PH5-SMI-01, PH5-SHW-01, PH5-IPS-01, PH5-IBC-01
	3	<b>PE: Field Sports - Field Sports &amp; Basketball</b>
	4	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	5	<b>Assessment</b>
	6	<ul style="list-style-type: none"> <li>● Week 4 - Case Study - role play and written submission</li> <li>● Week 7 - Comic Strip - Dealing with conflict Respectfully</li> <li>● Week 8 - PE skills circuit</li> </ul>
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4	1	<b>PDHPE: Play safe, stay safe</b>
	2	Outcomes: PH5-SHP-01, PH5-SMI-01, PH5-SHW-01
	3	<b>PE: Australian Sports (9 weeks)</b>
	4	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	5	<b>PE: Swimming &amp; SEA Surf Safety</b>
	6	Outcomes: PH5-MSS-01, PH5-MSS-02, PH5-SMI-01
	7	<b>PE: Cross Country</b>
	8	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	9	<b>Assessment</b>
	<ul style="list-style-type: none"> <li>● Week 4 - Cross Country</li> <li>● Week 6 - First Aid / CPR (pre-course work - online)</li> </ul>	