



Term	Week	STAGE 5 - YEAR 9 - PDHPE – 2026 SCOPE & SEQUENCE
1	1	PDHPE: Achieving peak athletic performance
	2	Outcomes: PH5-MSS-01, PH5-MSS-02, PH5-SHP-01, PH5-SMI-01
	3	PE: Net Games
	4	Outcomes: PH5-MSS-01, PH5-MSS-02, PH5-SMI-01
	5	PE: Swimming
	6	Outcomes: PH5-MSS-01, PH5-MSS-02, PH5-SMI-01
	7	Assessment
	8	<ul style="list-style-type: none"> ● Week 4 - Students design a safe & healthy active lifestyle plan ● Week 3 & 4 - Swimming Benchmark - 25m freestyle timed ● Week 9 & 10 - Round robin Game play
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2	1	PDHPE: Relationship Realities
	2	Outcomes: PH5-SMI-01, PH5-RRL-01, PH5-IBC-01
	3	PE: Stick Games - Lacrosse
	4	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
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	6	Assessment
	7	<ul style="list-style-type: none"> ● Week 4 - Poster/Brochure: Risk and Consequences in Physical Activity ● Week 8 - Design Fitness programs for yourself
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3	1	PDH: Finding your fit
	2	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	3	PE: Athletics
	4	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
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	6	Assessment
	7	<ul style="list-style-type: none"> ● Week 4 - Athletics 100m timed, standing broad jump, throw ● Week 7 - Fitness research assignment
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4	1	PDH: The real MVP: behind the scenes in sport
	2	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	3	PE: Outdoor Challenges
	4	Outcomes: PH5-MSS-01, PH5-SHP-01, PH5-SMI-01
	5	PE: Cross Country
	6	Outcomes: PH5-MSS-01, PH5-MSS-02, PH5-SMI-01
	7	Assessment
	8	<ul style="list-style-type: none"> ● Week 4 - Cross Country ● Week 4 - Design and present a fitness/training session - group work ● Week 8 - PE skills circuit
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