



Term	Week	STAGE 4 - PDHPE – 2026 SCOPE & SEQUENCE
1	1	Theory: Celebrating Diversity
	2	Outcomes PH4-MSS-01, PH4-SMI-01, PH4-IBC-0
	3	
	4	
	5	Practical Lessons: Swimming (10 hours)
	6	Outcomes PH4-MSS-01, PH4-SHW-01
	7	Assessment
	8	<ul style="list-style-type: none"> Swimming Benchmark - 25m freestyle timed
	9	<ul style="list-style-type: none"> Fit for Life Brochure
2	1	Theory: Connecting with kindness and compassion
	2	Outcomes PH4-SMI-01, PH4-SHW-01, PH4-RRL-01, PH4-IPS-01, PH4-RRL-01
	3	
	4	Practical Lessons: Move to the beat: creativity & teamwork in motion (9 weeks)
	5	Outcomes PH4-SMI-01, PH4-SHW-01, PH4-IPS-01, PH4-RRL-01, PH4-MSS-01, PH4-MSS-02,
	6	Assessment
	7	<ul style="list-style-type: none"> Students will create & perform group movement skills, creativity & teamwork within the framework of rhythmic movement.
	8	
	9	
3	1	Year 8: PDHPE: Building a balanced and healthy lifestyle
	2	Outcomes PH4-SMI-01, PH4-SHW-01, PH4-RRL-01
	3	
	4	PE: Stick Games (10 weeks)
	5	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	6	Assessment
	7	<ul style="list-style-type: none"> Week 4 - Wellbeing assignment
	8	<ul style="list-style-type: none"> Week 7 - Heart disease research assignment
	9	<ul style="list-style-type: none"> Athletics Carnival
	10	
4	1	Year 8 - PDHPE Creating the best version of me
	2	Outcomes PH4-MSS-01, PH4-SHP-01, PH4-SHW-01, PH4-IPS-01
	3	PE: Oz Tag (9 weeks)
	4	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	5	PE: Cross Country (5 hours)
	6	Outcomes PD4-4, PD4-5, PD4-10, PD4-11
	7	Assessment
	8	<ul style="list-style-type: none"> Week 4 - Cross Country
	9	<ul style="list-style-type: none"> Week 4 - Safe and Active Lifestyle