

2024 Scope & Sequence – Year 10 PDHPE



Term 1	Week	1	2	3	4	5	6	7	8	9	10	11	
	Topic	It Couldn't Happen to Me											
	Content	Drug & Alcohol Consumption/Personal Safety						Road Safety					
	Assessment	Assessment Task 1 Road Safety Evaluation Task Due Term 1 Week 10											
	Topic	Initiative & Challenge Activities				Boom				Cross the Line			
	Content	Team Building & Fitness				Cricket, Badminton, Tennis, Pickleball, Softball				Athletics			

Term 2	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	Men's and Women's Health										
	Content	Body Image						Masculinity			Support Services	
	Topic	Cross the Line				Roles in Leadership and Physical Activity				Cultural Games		
	Content	Cross Country/Fitness				Sport Competition				Various Cultural Games		

Term 3	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	Valuing Diversity										
	Content	Stereotypes and Norms					Overcoming Adversity			Being a Upstander and Discrimination		
	Assessment	Assessment Task 2 Diversity Letter Due Term 3 Week 9/10										
	Topic	Social Dance					Balls					
	Content	Progressive, Partner & Line Dances					Soccer, Futsal, AFL, Basketball, Netball					

Term 4	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	The Next Chapter										
	Content	Strengths, Challenges and Opportunities				Life After School				Applying for a Job		
	Topic	Goal						Target Games				
	Content	NFL, European Handball, Ultimate Frisbee, Touch Football, OzTag						Lawn Bowls, Bocce, Goalball, Finska, Table Tennis, Spike Ball				