

# 2024 Scope & Sequence – Year 7 PDHPE



<b>Term 1</b>	<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
	<b>Topic</b>	Growing and Changing											
	<b>Content</b>	Personal Identity				Puberty				Managing Change			
	<b>Assessment</b>	Assessment Task 1 Puberty Advice Letter Due Term 1 Week 10											
	<b>Topic</b>	Fundamental Movement Skills				Swing Batter Batter				Task Your Marks			
	<b>Content</b>	Run, hop, skip, throw, kick, catch				T-Ball, Softball, Slamo				Athletics			

<b>Term 2</b>	<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
	<b>Topic</b>	Healthiest Version of Me										
	<b>Content</b>	What is Healthy?				Why do we need Physical Activity?						
	<b>Topic</b>	Take Your Marks					Shooting Hoops					
	<b>Content</b>	Cross Country/Fitness					Netball/Basketball					

<b>Term 3</b>	<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
	<b>Topic</b>	I've Got Your Back										
	<b>Content</b>	Respectful Relationships/Ethical Behaviour				Online Protocols			Belonging and Connection			
	<b>Assessment</b>	Assessment Task 2 Topic Test Due Term 3 Week 10										
	<b>Topic</b>	Social Dance					Cant' Touch This					
	<b>Content</b>	Progressive, Partner & Line Dances					OzTag, Touch Football, League Tag					

<b>Term 4</b>	<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
	<b>Topic</b>	Risky Business										
	<b>Content</b>	What is Risk?				Cyber Safety			Road Safety			Drug Use
	<b>Topic</b>	Playing for Fun						Spike				
	<b>Content</b>	Ultimate Frisbee, Slide Hockey, Golf, Capture the Flag						Badminton, Volleyball, Table Tennis, Mini Tennis, Pickleball				