

2024 Scope & Sequence – Year 8 PDHPE



Term 1	Week	1	2	3	4	5	6	7	8	9	10	11	
	Topic	Party Safe											
	Content	Drugs						Assessment Preparation			Party First Aid		
	Assessment	Assessment Task 1 Click View Video Analysis Due Term 1 Week 10											
	Topic	Initiative & Challenge Activities		Kaboom					Take Your Marks				
	Content	Team Building		Cricket/Tricket					Athletics				

Term 2	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	You, Me and Others										
	Content	What is Healthy?				Why do we need Physical Activity?						
	Topic	Take Your Marks					Shooting Hoops					
	Content	Cross Country/Fitness					Netball/Basketball					

Term 3	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	Is this Good for Me?										
	Content	Healthy Eating					Assessment Preparation			Components of Fitness		
	Assessment	Assessment Task 2 Meal Plan and Report Due Term 3 Week 9/10										
	Topic	Social Dance					Foot Games					
	Content	Progressive, Partner & Line Dances					Soccer, Futsal, AFL					

Term 4	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	A Healthy Mind										
	Content	Mental Health			Personal Identity and Body Image			Mental Health Practices			Misconceptions	
	Topic	Power Serve					Target Games					
	Content	Mini Tennis, Kick Tennis, Pickleball, Badminton					Ultimate Frisbee, Lacross, Tchoukball					