

2024 Scope & Sequence – Year 9 PDHPE



Term 1	Week	1	2	3	4	5	6	7	8	9	10	11	
	Topic	R U OK?											
	Content	Life's ups and downs				Mental Fitness				Resilience			
	Assessment	Assessment Task 1 Mental Fitness Challenge Due Term 1 Week 10											
	Topic	Initiative & Challenge Activities			Kaboom					Cross the Line			
	Content	Team Building			Cricket/Tricket					Athletics			

Term 2	Week	1	2	3	4	5	6	7	8	9	10			
	Topic	Empowering Safe Choices												
	Content	Risk vs Reward				Online Risks			Party Risk			Road Safety		
	Topic	Cross the Line					Downtown				PASS			
	Content	Cross Country/Fitness					Oztag, Touch Football, League Tag				Hockey, AFL, Hockey			

Term 3	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	Respectful Relationships										
	Content	Changing Identity					Power in Relationships			STI's and Contraception		
	Assessment	Assessment Task 2 Respectful Relationships Group Presentation Due Term 3 Week 9/10										
	Topic	Social Dance					Goal					
	Content	Progressive, Partner & Line Dances					NFL, European Handball, Ultimate Frisbee					

Term 4	Week	1	2	3	4	5	6	7	8	9	10	
	Topic	Looking Good, Feeling Great										
	Content	Conforming to Societal Expectations					Nutrition					
	Topic	You Have Game						Have a Hit				
	Content	Netball, Basketball						Badminton, Volleyball, Pickleball, Table Tennis, Speedminton				