



PDHPE (PE) Scope and Sequence

Stage 2 | Year 4 | 2025

	Term 1	Term 2	Term 3	Term 4
Unit of Inquiry Name	Eye the Tiger	Team Work makes the Dream Work (Wk 1-4) Bolting for Gold (Wk 5-9)	Strike me a Smile	Mad about Space
Duration	11 Weeks	9 Weeks	10 Weeks	8 Weeks
Overview	Students are introduced to different training methods to enhance their cardiovascular and muscular endurance. Students participate in movement activities including circuits, fun runs, aerobics, obstacle courses, relays, and a variety of fitness activities. Later in the term, students will complete a variety of endurance activities including cross country and orienteering.	Students will explore the dynamics of effective teamwork, learning how collaboration, communication, and mutual support are essential elements to the mantra 'Teamwork Makes the Dream Work'. (Wk 1-4) Students are introduced to a variety of track and field in preparation for the school athletics carnival. These include running techniques, jumping and throwing skills. (Wk 5-9)	Students work on striking skills using the games of Hockey, T-Ball/Softball and Cricket as a stimulus. They will also incorporate fielding skills including throwing and catching and required tactics where appropriate.	The unit emphasises spatial awareness and collaborative teamwork as students engage in a variety of Invasion Games. The philosophy that "Attack is the best form of defense" will be investigated through a broad range of games and assertive play.
Outcomes	PD2-4, PD2-5, PD2-8 & PD2-11	PD2-4, PD2-5, PD2-8, PD2-9 & PD2-11	PD2-5, PD2-10 & PD2-11	PD2-5, PD2-10 & PD2-11
Assessment	Students undertake several fitness activities. Assess the students' cross-country skills by recording times.	Students will be required to demonstrate their ability to collaboratively solve complex challenges, communicate effectively within a team, and contribute towards achieving a shared objective,	Assess the students' fundamental striking skills with a range of implements during modified games	Assess the students' movement skills and gameplay during modified games and/or activities.

Teachers seek opportunities for meaningful and related learning in other KLAs when planning.

Please note scope and sequences may be adjusted for student learning and events.



PDHPE (PDH) Scope and Sequence

Stage 2 | Year 4 | 2025

	Term 1	Term 2	Term 3	Term 4
Unit of Inquiry Name	Fulfilling your Inner Friendliness	2 Smart, 2 Start	Cyber SMARTIES	How not to be SWEET
Duration	11 Weeks	9 Weeks	10 Weeks	8 Weeks
Overview	Using the book " <i>Are These Your Glasses?</i> " students will focus on building positive interpersonal relationships. Students will read the novel and then as a class, we will identify how feelings, friendships, emotions, isolation, determination & kindness are reflected upon in the novel.	The unit will investigate 'all about drugs' - what drugs are as well as the available different types. Students will learn about the reasons why people use drugs for medical and non-medical purposes. They will identify major steps involved in making decisions regarding drug use with a particular focus on smoking and alcohol.	Students will explore the concept of cyber safety and how they can utilise their devices in the virtual world in a positive and safe way.	Students will engage in an exploration of pivotal concepts featured in 'That Sugar Film,' delving into an analysis of how media conveys messages concerning nutritious dietary choices. Through this inquiry, students will examine various factors influencing health-related behaviors and actions.
Outcomes	PD2-1, PD2-2, PD2-3 & PD2-9	PD2-3 & PD2-9	PD2-2, PD2-9, PD2-10	PD2-2, PD2-6, PD2-8 & PD2-9
Assessment	Multiple Choice Quiz - 'Are these your Glasses?'	Anti-smoking campaign poster.	Students are to create an educational video based on the CyberSMARTIES unit.	Identifying Nutrition Labels

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