



PDHPE (PE) Scope and Sequence

Stage 3 | Year 6 | 2025

	Term 1	Term 2	Term 3	Term 4
Unit of Inquiry Name	HIIT me with your best shot	Blame it on the Boogie (Wk 1-4) Hills Olympics (Wk 5-9)	Over the Net	Space Stealers
Duration	11 Weeks	9 Weeks	10 Weeks	8 Weeks
Overview	Students will spend time dealing with Skill-related fitness - (Agility, Balance, Power, Speed, Coordination and Reaction Time). They will conclude the term and unit with a focus on Cross Country.	Introduce students to basic dance moves and foster creativity, coordination, and self-expression through dance. (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)	The unit on Net Games aims to develop students' fundamental skills, teamwork, and understanding of four different net games: Tennis, Badminton, Newcombe Ball, and Volleyball.	Develop students' skills and understanding of attack and defence strategies.
Outcomes	PD3-4, PD3-5, PD3-8, PD3-10 & PD3-11	PD3-4 & PD3-5	PD3-4, PD3-5, PD3-10 & PD3-11	PD3-4, PD3-5, PD3-8 & PD3-11
Assessment	Students will be assessed on their ability to perform each of the 6 components through a range of different physical tests. Additionally, students will be assigned one of the components of fitness and tasked with designing a test to test that component. Students will need to demonstrate and explain clearly how their test works.	Dance Performance: Looking for confident and energetic presentations of the dance routines, with clear execution of moves.	Formative assessment will be ongoing throughout the unit. It includes teacher observation of students' skills, self-assessment, and reflections.	End-of-unit games assessing individual and team performance in each Invasion Game.

*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

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	Term 1	Term 2	Term 3	Term 4
Unit of Inquiry Name	Onwards and Upwards	Being Healthy is Wealthy	Staying Alive	Moving On – Personal Interest Project (P.I.P)
Duration	11 Weeks	9 Weeks	10 Weeks	8 Weeks
Overview	Growth and Development: Puberty - Physical, social and emotional changes	Plan healthy food and drink habits that align with the Australian Government's dietary guidelines and are suitable for children	Basic First Aid	Transitioning to Senior School via reflecting on our Junior School topics
Outcomes	PD3-1, PD3-9 & PD3-10	PD3-6, PD3-7 & PD3-8	PD3-2, PD3-7 & PD3-9	PD3-1, PD3-2, PD3-3, PD3-6, PD3-7, PD3-8, PD3-9 & PD3-10
Assessment	Multiple choice Assessment.	Debate research and arguments.	Practical first aid scenario assessment, including evaluation of the student's ability to apply DRSABCD principles and perform necessary first aid skills.	Group Assessment: Evaluation of participation, teamwork, and the quality of the lesson plan. Individual Assessment: Peer and self-assessment of the learning task.

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