



Ambarvale High School

PDHPE Scope and Sequence

Stage 5 – 2025

Year 10 PDHPE

Week	1	2	3	4	5	6	7	8	9	10	11
Term											
1			Target Games PD5-4, PD5-5, PD5-10, PD5-11			Sexual Health PD5-1, PD5-2, PD5-3, PD5-6, PD5-7, PD5-9					
2	Fitness PD5-5, PD5-8, PD5-11					Mental Health PD5-1, PD5-2, PD5-6, PD5-7, PD5-9					
3	SEPEP PD5-4, PD5-7, PD5-8, PD5-10, PD5-11			Road Safety PD5-1, PD5-6, PD5-9				Revise and Exam			
4	Strike It! PD5-4, PD5-5, PD5-10, PD5-11					The Future PD5-1, PD5-2, PD5-9					
*Note: For Term 4, units may be taught concurrently, rather than in blocks											

Unit Assessments	
Topic	Date Due
Sexual Health	Term 1, Week 9
Yearly Exam	Term 3, Week 10

Teacher: _____

Class: _____