



Ambarvale High School

PDHPE Scope and Sequence

Stage 4 | 2025

Year 7 PDHPE

Week	1	2	3	4	5	6	7	8	9	10	11	
Term												
1		Relationships, the Self and Communication <small>PD4-1, PD4-3, PD4-9, PD4-10, PD4-4, PD4-5</small>						Fundamental Movement Skills <small>PD4-4, PD4-11</small>				
2	FMS (cont...)	Athletics <small>PD4-4, PD4-5, PD4-10, PD4-11</small>			Online Safety and Critical Literacy <small>PD4-1, PD4-9, PD4-10, PD4-7</small>							
3	Invasion Games <small>PD4-4, PD4-5, PD4-10, PD4-11</small>				Puberty <small>PD4-1, PD4-9, PD4-10</small>							
4	Target Games <small>PD4-4, PD4-5, PD4-10, PD4-11</small>			Risk Taking <small>PD4-1, PD4-9, PD4-10, PD4-2, PD4-6</small>				Net/Court Games <small>PD4-4, PD4-5, PD4-10, PD4-11</small>				

Unit Assessments	
Topic	Date Due
Online Safety and Critical Literacy	Term 2, Week 9

Teacher: _____

Class: _____