



Ambarvale High School

PDHPE Scope and Sequence

Stage 4 2025

Year 8 PDHPE

Week	1	2	3	4	5	6	7	8	9	10	11
Term											
1		Health Matters 4.2, 4.6, 4.7, 4.8, 4.9, 4.10					Exploring Movement 4.4, 4.5, 4.10, 4.11				
2	Sex, Drugs and Alcohol 4.1, 4.2, 4.3, 4.9, 4.10					Invasion Games 4.4, 4.5, 4.8, 4.11					
3	Inclusivity 4.1, 4.2, 4.3, 4.9, 4.10					Fitness 4.8					
4	Fitness 4.8		Mental Health 4.1, 4.2, 4.6, 4.7, 4.8, 4.9, 4.10					Multicultural & Indigenous Games 4.4, 4.5, 4.10, 4.11			

Unit Assessment	
Task	Date
Fitness	Term 4, Week 2

Teacher: _____

Class: _____