



Woonona High School
PDHPE Scope and Sequence
Year 7

Term	Week	Theory	Practical	
1	1	Unit 1 Managing Change	Invasion Games	
	2			
	3			
	4			
	5			
	6			
	7			
	8			Assessment Task Out
	9			
	10			Assessment Task In
	11			
2	1	Unit 2 Drugs, Risk & Reality	Cross Country/Fitness Games	
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	9			
	10			Formative Ongoing Assessment
3	1	Unit 3 Relationship Roulette	Athletics	
	2			
	3			
	4			
	5			
	6			
	7			Assessment Task Out
	8			
	9			Assessment Task In
	10			
		Target Games		
		Dance		
		Net Court Games		
		Backyard Games		
		Striking/Fielding Games		

4	1	Unit 4 Healthy Habits	
	2		
	3		
	4		
	5		
	6	Formative Assessment	
	7		
	8		
	9		
	10		