



Woonona High School PDHPE Scope and Sequence Year 10

Term	Week	Theory	Practical
1	1	Unit 1 Stop, Revive, Survive	Basketball Cross Country/ Athletics Soccer Volleyball
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
	11		
2	1	Careers	
	2		
	3	Assessment Task In	
	4		
	5	Unit 2 Bouncing Back	
	6		
	7		
	8		
	9		
	10		
3	1	Unit 3 Let's Party	Dance Oz tag Racquet Sports
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9	Assessment Task In	
	10		
4	1	Unit 4	
	2		
	3		
	4	Yearly Examinations	
	5	Affirming Diversity	
	6		
	7		
	8		
	9		
	10		

