



# Woonona High School PDHPE Scope and Sequence Year 8

Term	Week	Theory	Practical
1	1	<b>Unit 1</b>  <b>Summer Fun</b>	<b>Basketball</b>  <b>Cross Country/Fitness Games</b>  <b>Athletics</b>  <b>Slider Hockey</b>
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	11		
2	1	<b>Unit 2</b>  <b>Fit 4 Life</b>	<b>Basketball</b>  <b>Cross Country/Fitness Games</b>  <b>Athletics</b>  <b>Slider Hockey</b>
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3	1	<b>Unit 3</b>  <b>Freedom Can Be Dangerous</b>	<b>Basketball</b>  <b>Cross Country/Fitness Games</b>  <b>Athletics</b>  <b>Slider Hockey</b>
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4	1	<b>Unit 4</b>  <b>Not Now Not Ever!</b>	<b>Basketball</b>  <b>Cross Country/Fitness Games</b>  <b>Athletics</b>  <b>Slider Hockey</b>
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