Irrawang Public School

Whole School Scope and Sequence PDHPE

PDHPE to be taught 90 min p/w + 45 Weekly sport

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Stage** | **Years** | **Term 1 - PDH** | **Term 1 - PE**  | **Term 2 - PDH** | **Term 2 - PE** |
|  |  | PDH | PE | PDH | PE |
| **ES1** |  | Who Am I?PDe1 PDe3 PDe9 PDe10 | Moving My BodyPde-4 PDe-11 | Healthy HabitsPDe-6 PDe-7 PDe8Drug Education | Game timePDe-5 PDe-11 |
| **Stage 1** | Odd | Self-discoveryPD1-1 PD1-2 PD1-10 | Foundations for movingPD1-4 PD1-11 | Safe RelationshipsPD1-2 PD1-6 PD1-7 PD1-10Drug EducationPD1-2, PD1-9, PD1-10 | Game on!PD1-5 PD1-10 |
| Even | Sense of selfPD1-1 PD1-3 PD1-9 PD1-10 | Moving my bodyPD1-4 PD1-11 | Food safariPD1-6 PD1-7Drug EducationPD1-2, PD1-9, PD1-10 | Anytime activityPD1-4 PD1-5 PD1-6 PD1-8 |
| **Stage 2** | Odd | Mind ShiftPD2-7 PD2-8 PD2-9 | Adapting physical activityPD2-4 PD2-5 | Invest in yourselfPD2-6 PD2-9 PD2-10Drug EducationPD2-2, PD2-9, PD2-10 | Active PlayPD1-4 PD1-5 PD1-6 PD1-8 PD1-11 |
| Even | Be alert, don’t get hurtPD2-2 PD2-10 | Playing the gamePD2-4 PD2-5 | Promoting healthPD2-6 PD2-7 PD2-10Drug EducationPD2-2, PD2-9, PD2-10 | New movesPD2-4 PD2-11 |
| **Stage 3** | Odd | Responding SafelyPD3-1 PD3-2 PD3-9 | Moving ObjectsPD3-4 PD3-11 | Exploring changeOutcomes: PD3-1, PD3-2, PD3-9Drug EducationPD3-2, PD3-9, PD3-10 | Survivor challengePD3-5 PD3-11 |
| Even | Managing SelfPD3-2 PD3-6 PD3-7 PD3-9 PD3-10 | Games for understandingOutcomes: PD3-4, PD3-5, PD3-11 | Think before you actPD3-1 PD3-2 PD3-3 PD 3-7 PD3-9 Drug EducationPD2-2, PD2-9, PD2-10 | Fair playPD3-4, PD3-5, PD3-10 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Stage** | **Years** | **Term 3 - PDH** | **Term 3 - PE**  | **Term 4 - PDH** | **Term 4 - PE** |
|  |  | PDH | PE | PDH | PE |
| **ES1** |  | Communicate and CarePDe-3 PDe-9 PDe-10Child ProtectionPDe-2 PDe10 | Move in TimePDe-4 PDe-10 PDe-11 | Watching out for mePDe-2 PDe-7 PDe-10 | Play with PurposePde5 PDe10 |
| **Stage 1** | Odd | Exploring our communityPD1-3 PD1-8 PD1-10Child ProtectionPD1-2 PD1-10 | Push yourselfPD1-4 PD1-5 PD1-9 | Safety firstPD1-2 PD1-4 PD1-7 | Let’s DancePD1-4 PD1-11 |
| Even | Looking after yourselfPD1-2 PD1-7 PD1-9Child ProtectionPD1-2 PD-10 | Dance to your own rhythmPD1-4 Pd1-11 | Together everyone achieves morePD1-3 PD1-7 PD1-8 PD1-10 | Game sensePD1-4 PD1-5 PD1-10 |
| **Stage 2** | Odd | Discover DiversityPD2-2 PD2-3 PD2-6 PD2-8 PD2-10Child ProtectionPD2-2 PD2-10 | Practise Practise PractisePD2-4 PD2-5 PD2-9 | Understanding YourselfPD2-1 PD2-9 | Dance to MovePD2-4 PD2-11 |
| Even | Embracing physical activity and healthPD2-7 PD2-8 PD2-11Child ProtectionPD2-2 PD2-10 | Challenge your limitsPD2-4 PD2-5 PD2-9 | Working with OthersPD2-1 PD2-2 PD2-3 PD2-8 PD2-9 PD2-10 | Choose your own adventurePD2-4 PD2-7 PD2-10 PD2-11 |
| **Stage 3** | Odd | The pursuit of happinessPD3-6 PD3-8 PD3-10Child ProtectionPD3-2 PD3-10 | Practise and performPD3-4 PD3-5 PD3-11 | Being SafePD3-1 PD3-2 PD3-7 PD3-9 | Get Your Game OnPD3-4 PD3-5 PD3-10 |
| Even | Community and cultureOutcomes: PD3-6, PD3-8, PD3-10Child ProtectionPD3-2 PD3-10 | Moving ObjectsPD3-4 PD3-11 |  Making healthy choicesOutcomes: PD3-2, PD3-6 | Get ActivePD3-4 PD3-5 PD3-11 |