PDHPE sample Early Stage 1 scope and sequence

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| Term | Outcomes | Learning overview | Opportunities to address |
| Term 1PDH10 weeks | PDe-3PDe-7PDe-10 | **Unit title** – What makes school a safe and happy place?**Unit description** – Students explore the day to day routines and events that occur when they first start school. They learn about safe play, building relationships with peers and other key information needed at school.**Key inquiry questions**How do we care for and include each other?What helps us to stay healthy and safe? |  |
| Term 1PE10 weeks | PDe-4PDe-10PDe-11 | **Unit title** – How can we move and be active with others?**Unit description** – Students explore different ways their body can move. They demonstrate a variety of movement skills through active play and structured activities. Students learn to interact positively with peers and participate safely in play situations.**Key inquiry questions**How do we move our bodies?How do we participate with others when we are active? |  |
| Term 2PDH10 weeks | PDe-2PDe-7PDe-9 | **Unit title** – How can I look after myself?**Unit description** – Students identify who supports them to stay healthy and safe. They learn skills and strategies to allow them to be safe and apply these across a range of contexts. Students make connections between their feelings, thoughts, body reactions and body language to safe and unsafe situations.**Key inquiry questions**What choices can help make me safe, supported and active?What helps us to stay healthy and safe?How do we make healthy and safe choices in different situations? | Child protection Drug education |
| Term 2PE10 weeks | PDe-4PDe-5PDe-11 | **Unit title** – How can we solve movement challenges? **Unit description** – Students participate in movement experiences to identify and trial a range of options to solve challenges with and without equipment.**Key inquiry questions**How do we move our bodies?How can we solve problems when moving? |  |
| Term 3PDH10 weeks | PDe-1PDe-2PDe-10 | **Unit title** – What makes me special and how do I communicate with others?**Unit description** – Students explore their personal strengths and qualities and identify how people grow and change. They learn about and use appropriate ways to communicate their feelings with others and practise interpersonal skills to interact positively with others.**Key inquiry questions**What makes me unique?How do we grow?How can we care for and include each other? | Child protection |
| Term 3PE10 weeks | PDe-4PDe-10 PDe-11 | **Unit title** – How can I move to music?**Unit description** – Students develop their understanding of rhythmic and expressive movement. They work individually or in a group to respond and move to a variety of stimuli.**Key inquiry questions**How do we move our bodies?How do we participate with others when we are active? |  |
| Term 4PDH10 weeks | PDe-6PDe-7PDe-8PDe-9 | **Unit title** – How can I be safe and active?**Unit description** – Students explore the notion of living safe and active lifestyles. They discuss safe practices and how being physically active contributes to a healthy lifestyle.**Key inquiry questions**What choices can help make me safe, supported and active?What helps us to stay healthy and safe? | Road safety |
| Term 4PE10 weeks | PDe-4PDe-5PDe-9 | **Unit title** – How can I play the game?**Unit description** – Students participate in game play situations whilst developing their movement skills. They learn to make positive choices, follow instructions and rules whilst participating in different cultural games.**Key inquiry questions**How do we move our bodies? How can we solve problems when moving? How do we participate with others when we are active? |  |

[**PDHPE K-10 Syllabus**](http://www.educationstandards.nsw.edu.au/wps/wcm/connect/2f657694-dc52-48ba-a440-9256e92c00e3/pdhpe-k-10-syllabus-2018-pdf.pdf?MOD=AJPERES&CVID=)© NSW Education Standards Authority (NESA) for and on behalf of the Crown in right of the State of New South Wales 2018.