



2017 Health and Physical Education



YEARS 7-10 PHYSICAL EDUCATION

	YEAR 7	YEAR 8	YEAR 9	YEAR 10
Term 1	Aquatics	Aquatics	Water polo	Volleyball (SEPEP)
	Volleyball	Netball	Hockey	
Term 2	Fitness	Fitness	Fitness	Soccer
	Athletics	Athletics	Athletics	Netball
Term 3	Hockey	Soccer	Basketball	
	Basketball	Softball	Rhythmic Gym	Softball
Term 4	Softball	Tennis	Touch Rugby	Tennis (SEPEP)
	Aquatics	Aquatics	Aquatics	Aquatics

JUNIOR HEALTH EDUCATION- PROGRAMME OVERVIEW

YEAR 7	YEAR 8	YEAR 9	YEAR 10
<p><u>Being Healthy, Safe and Active:</u></p> <p>The Challenge Ahead – Help-seeking strategies, managing transitions, feelings and emotions, peer pressure and assertiveness, valuing diversity and promoting inclusivity.</p> <p>Drug Education – prescription / smoking/ alcohol Assessment: Smoking Brochure Project</p>	<p><u>Being Healthy, Safe and Active:</u></p> <p>Relationships - Ways in which changing feelings and attractions form part of developing sexual identities</p> <p>The impact of physical changes on gender, cultural and sexual identities</p> <p>Strategies for managing the changing nature of peer and family relationships</p> <p>Communication techniques to persuade someone to seek help</p>	<p><u>Being Healthy, Safe and Active:</u></p> <p>Drug Education – Alcohol, Decision Making/ alcohol and the media</p> <p>Lifestyle Choices - diets/skin cancer/ That Sugar Film</p>	<p>Healthy and Active Communities - Health Campaigns to raise awareness, promoting healthy behaviours and increased connection to the community, Social, economic and environmental factors that influence health.</p> <p>Keys 4 Life: Driver Education Assessment: workbook and written test</p>
<p>Relationships – relationships, influence of peers and family, online and social protocols, conflict in relationships, communication and support networks</p>	<p>Drug Education – The reasons why young people choose to use or not use drugs Skills and strategies to promote physical and mental health, safety and wellbeing in various environments, such as:</p> <ul style="list-style-type: none"> • assertive responses • stress management • refusal skills • contingency plans • online environments • making informed choices 	<p><u>Communicating and Interacting for Health and Wellbeing:</u></p> <p>Relationships – Equal relationships, rights and responsibilities, decision making in intimate relationships, sexting, sexuality, empathy, managing emotional responses, resolving conflict</p>	<p>Careers</p> <p>Impacts on Health – Images and messages in the media, diversity and gender, cultural beliefs and practices, societal and cultural influences on health. Assessment: Health Campaign</p>
<p>All About Adolescence (formerly growth and development) – Managing changes associated with puberty, human sexuality, menstrual cycle, personal hygiene Assessment: Growth and Development Test</p>	<p><u>Communicating and Interacting for Health and Wellbeing:</u></p> <p>All about Adolescence The impact bullying and harassment can have on relationships, including online relationships, and the health and wellbeing of themselves and others. Personal, social and cultural factors influencing emotional responses and behaviour, such as:</p> <ul style="list-style-type: none"> • prior experience • norms and expectations <p>personal beliefs and attitudes Sources of health information that can support people who are going through a challenging time</p>	<p>Supporting myself and Others – Adolescent health behaviours, complimentary health practices, factors influencing access, confidentiality, young people's rights to health care, skills to determine appropriateness and reliability of online health information</p>	<p>Risky Choices – (drug education) Positive and negative risk, harm minimization, road rules and pedestrian safety, managing risk, policies and processes for safer behaviours</p>
<p><u>Communicating and Interacting for Health and Wellbeing:</u></p> <p>Healthy Lifestyle (formerly lifestyle choices) – Strategies to make informed choices, proposing alternatives to medicine, sun-protective behaviours, healthy and social benefits of physical activity and recreational pursuits, Australian Dietary Guidelines Assessment: Healthy Food picnic</p>	<p><u>Contributing to healthy and active communities:</u></p> <p>Healthy Lifestyle – Health promotion activities which target relevant health issues for young people and ways to prevent them Benefits to individuals and communities of valuing diversity and promoting inclusivity, such as:</p> <ul style="list-style-type: none"> • respecting diversity • exploring how the traditions, foods and practices of different cultures enhance the wellbeing of the community • challenging racism, homophobia, sexism and disability discrimination <p>researching how stereotypes and prejudices have been challenged in various contexts</p>	<p><u>Contributing to healthy and active communities:</u></p> <p>Safe and Active Communities – Factors that shape identities, Adolescent health behaviours, implications of attitudes and behaviours in individuals and the community</p>	<p>Sexual Health – Appropriate emotional responses, taking action if a relationship is not respectful (SARC), Appropriate Bystander Behaviour in physical and online interactions, consequences of not recognizing emotions in others.</p>

YEARS 9-10 OUTDOOR EDUCATION

YEAR 9	YEAR 10
Ecosystems	Bronze Star/Water Rescue
Mountain Biking	Surfing
Fishing	Camp craft
High Ropes	Environmental Volunteers
First Aid	Kayaking
Snorkeling	SUP (stand up paddleboarding)
Orienteering	Hiking
Survival Awareness	Camp