Year 7-10 Health  
Unit Outline 2014

Course Outline
Health comprises of social, emotional, personal, mental, physical and spiritual dimensions. It is a relevant and meaningful subject giving students the understanding and power to guide them to make informed decisions about their health and promote a healthy lifestyle through these decisions. The aim of this course is the promote healthy and active lifestyles by enhancing students knowledge of personal self worth, to effectively respond to life transitions and events, improving communication, goal setting and decision making skills. Students will examine effective public health initiatives and ways to prevent ill-health in ourselves, our families and our community.

Students who are happy, healthy and active are known to have greater academic success. A focus will be on increasing students’ health literacy and developing a greater understanding of public health and how the prevention of ill-health can benefit the community. The topics chosen as a focus in high school are based on the general capabilities of the Australian Curriculum and those stated in the Shape HPE Australian Curriculum paper.

Course Outcomes
This semester, students will develop a further understanding of some key focus areas in the Health Learning Area. These include:

- **What is Health:** all aspects of health, benefits of being healthy, community health and positive health advertising
- **Mental Health Promotion:** understanding the importance of staying mentally healthy, including developing coping strategies and networks of support, early help-seeking, dealing with loss and change
- **Respectful Relationships:** negotiating positive and respectful relationships, managing changing relationships, coercion and consent
- **Sexuality and reproductive health (relevant to the age of the students):** managing and understanding physical, emotion and mental changes, friendships, accessing community health services, increasing knowledge of the human body and reproduction and sexual health
- **Drug Use:** managing use of prescribed drugs, links between drug use and behaviour, impact of drug use on communities, assertive behaviours and managing risk-taking behaviours

Course Assessment
Students will be assessed on their work in class as well as small topic tests (when content driven), assignments and any journal writing.
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<th>Year</th>
<th>Term 1</th>
<th>Term 2</th>
<th>Assessment Items</th>
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<tr>
<td>7</td>
<td><strong>What is Health?</strong>&lt;br&gt;• Coping in High School&lt;br&gt;• Friendships and Changes&lt;br&gt;• Mental Health: what is being Mentally healthy&lt;br&gt;• Where to go for help?&lt;br&gt;• Increasing Health Literacy&lt;br&gt;• Effective communication</td>
<td><strong>Puberty/Dealing with change</strong>&lt;br&gt;• Body Changes&lt;br&gt;• Social Changes&lt;br&gt;• Physical Changes in Puberty&lt;br&gt;• What’s happening to me&lt;br&gt;• How to deal with changes</td>
<td><strong>Glossary</strong>&lt;br&gt;<strong>Topic Test: The human body</strong>&lt;br&gt;<strong>Assignment: Dealing with Change</strong></td>
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<td><strong>What is Health? What is being Healthy? Growth &amp; Development</strong>&lt;br&gt;• What does health mean?&lt;br&gt;• What does being healthy look/feel/sound like?&lt;br&gt;• Aspects of Health&lt;br&gt;• Respectful Relationships&lt;br&gt;• Reproduction&lt;br&gt;• Personal Identity&lt;br&gt;• Self-Esteem&lt;br&gt;• Changes&lt;br&gt;• Physical activity and positive sense of self</td>
<td><strong>Alcohol &amp; Other Drugs</strong>&lt;br&gt;• Analgesics&lt;br&gt;• Safety&lt;br&gt;• Why people take drugs&lt;br&gt;• Alcohol and it’s effects&lt;br&gt;• Tobacco&lt;br&gt;• Addition&lt;br&gt;• Safe Partying&lt;br&gt;• Managing prescription drugs</td>
<td><strong>Glossary</strong>&lt;br&gt;<strong>Assignment: Plan a personal physical activity and health program to enhance own health</strong>&lt;br&gt;<strong>Group Assignment: What is Health?</strong>&lt;br&gt;<strong>Topic Test: Drugs and Safety</strong></td>
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<td>9/10</td>
<td><strong>Mental Health and Stress</strong>&lt;br&gt;<strong>Based on the Blackdog Institute Program: HeadStrong</strong>&lt;br&gt;• Mental ill health&lt;br&gt;• Prevention of ill health&lt;br&gt;• Reducing the myths and labels&lt;br&gt;• Coping with stress&lt;br&gt;• Decision making strategies&lt;br&gt;• Bullying&lt;br&gt;• Body Image&lt;br&gt;• Mood Disorders&lt;br&gt;• Where to go for help</td>
<td><strong>Pregnancy, Safety &amp; Sexuality</strong>&lt;br&gt;• Respectful Relationships&lt;br&gt;• Coercion or Consent&lt;br&gt;• The human body &amp; reproductive system&lt;br&gt;• Preventing STI’s&lt;br&gt;• Where to go for help&lt;br&gt;• It’s ok to say ‘No’</td>
<td><strong>Assignment: Breaking the Stereotype</strong>&lt;br&gt;<strong>Student Mood Tracker Journal</strong>&lt;br&gt;<strong>Topic Test: Safety &amp; Sexuality</strong></td>
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