



WAGIN DISTRICT HIGH SCHOOL SEMESTER OUTLINE

Year 7-10 Health Unit Outline 2017

Course Outline

Health is a state of complete physical, social, emotional, mental and spiritual wellbeing and not merely the absence of disease or infirmity. Being a healthy person is about being able to go about your day to day occupations effectively and being able to cope in a variety of situations. 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 content expands students' knowledge and understanding and helps them develop skills to achieve successful outcomes in personal, social and online situations. The aim of this course is to 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 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 Western Australian Curriculum.

Course Outcomes

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

- Food and Nutrition: strategies to make informed decisions about health, researching nutritious meals, growing teenage bodies, eating for life, what's in our food, meal planning, Australian Dietary Guidelines and serving sizes.
- Respectful Relationships: negotiating positive and respectful relationships, managing changing relationships, coercion and consent

Course Assessment

Students will be assessed on their work in class as well as small topic tests (when content driven), assignments.

Timeline

| Year | Term 1 | Term 2 | Assessment Items |
|------|---|--|---|
| 7 | <p><u>Health Promotion- strategies to make informed choices to promote health, safety and well being.</u></p> <p><u>Nutrition</u></p> <ul style="list-style-type: none"> • Australian dietary guidelines • Nutritional meals • Serving sizes | <p><u>Respectful Relationships- the impact of relationships on own and other' wellbeing</u></p> <ul style="list-style-type: none"> • The benefits of relationships • The influence of peers and family • Applying online and social protocols to enhance relationships <p><u>Puberty- management of emotional and social changes associated with puberty through the use of:</u></p> <ul style="list-style-type: none"> • Coping skills • Communication skills <p>Problem solving skills and strategies</p> | <p><u>Nutrition</u></p> <p>Food journal analysis</p> <p>Topic tests</p> <p><u>Respectful Relationships</u></p> <p>Topic test</p> |
| 8 | <p><u>Health promotion- Benefits of individuals and communities of valuing diversity and promoting inclusivity.</u></p> <p><u>Nutrition</u></p> <ul style="list-style-type: none"> • Australian dietary guidelines • Digestion • Foods within different cultures | <p><u>Respectful Relationships-</u></p> <ul style="list-style-type: none"> • The impact of physical changes on gender, culture and sexual identities • Ways in which changing feeling and attractions form part of developing sexual identities • Strategies for managing the changing nature of peer and family relationships • The impact bullying and harassment can have on relations ships | <p><u>Nutrition</u></p> <p>Analysing different cultures dietary guidelines</p> <p>Topic Tests</p> <p><u>Respectful Relationships</u></p> <p>Anti-stereotype investigation</p> <p>Topic test</p> |
| 9/10 | <p>Critical health literacy skills and strategies</p> <p>Social, economical and environmental factors that influence health</p> <ul style="list-style-type: none"> • Australian dietary guidelines • Exploring different health campaigns | <p><u>Respectful Relationships</u></p> <p>Characteristics</p> <ul style="list-style-type: none"> • Respecting the rights and responsibilities of individuals in the relationship • Respect for personal differences and opinions • Empathy | <p><u>Nutrition</u></p> <p>Designing a health campaign for children promoting healthier lifestyles</p> |

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| | | <p>Impact of external influences on the ability for adolescents to make healthy and safe choices relating to</p> <ul style="list-style-type: none"> • Sexuality • Risk taking <p>Skills and strategies to promote respectful relationships</p> <ul style="list-style-type: none"> • Appropriate emotional responses • Taking action if a relationship is not respectful • Appropriate bystander behaviour in physical and online interactions <p>Effects of emotional responses on relationships The consequences of not recognising emotions of others</p> | <p><u>Respectful Relationships</u></p> <p>Photo story</p> <p>Topic test</p> |
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