



WAGIN DISTRICT HIGH SCHOOL

TERM 4, 2020 OUTLINE

Secondary – Health

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 student's 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.

Management of emotional and social changes associated with puberty through the use of coping skills, communication skills, problem-solving skills and strategies. (ACPPS071)

Sources of health information that can support people who are going through a challenging time. (ACPPS076)

Effects of emotional responses on relationships, such as: extreme emotions impacting on situations or relationships, the consequences of not recognising emotions of others. (ACPPS094)

COURSE OUTCOMES

This term, students will develop a further understanding of some key focus areas in the Health Learning Area, using *The Zones of Regulation*. These include:

- Respectful Relationships; and
- Resilience.

TASKS & ASSESSMENT

Students will be assessed on their work in class as well as small topic quizzes.

TIME LINE

	WEEK	KEY CONCEPTS	ASSESSMENTS
Term 4	1 – 5	Zones of Regulation <ul style="list-style-type: none">• My zones across the day• Caution Triggers ahead• Exploring sensory support tools• Exploring tools for calming	TEST
	6 – 10	Zones of Regulation <ul style="list-style-type: none">• Exploring thinking strategies• Size of the problem• Inner coach versus inner critic• Superflex versus Rock Brain• Learning when to use and apply tools	TEST