



WAGIN DISTRICT HIGH SCHOOL SEMESTER OUTLINE

Year 7 Health Unit Outline 2019

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:

- Respectful Relationships
- Resilience
- Online Safety

Course Assessment

Students will be assessed on their work in class as well as small topic quizzes (when content driven)

Curriculum covered this Semester

Being healthy, safe and active:

- Management of emotional and social changes associated with puberty through the use of: Coping skills, Communication skills, Problem solving skills and strategies
- Strategies to promote safety in online environments
- Feelings and emotions associated with transitions; and practising self-talk and help-seeking strategies to manage these transitions
- Help-seeking strategies that young people can use in a variety of situations
- Strategies to make informed choices to promote health, safety and wellbeing,

Communicating and interacting for health and well being

- The impact of relationships on own and other' wellbeing

Contributing to healthy and active communities

- Preventive health practices for young people to avoid and manage risk, such as:

Week	Topic	Activities
1	Respectful Relationships Introduction	<ul style="list-style-type: none"> • Ground rules • Human Bingo • Brain storm-what do relationships mean to you
2	Qualities of respectful relationships	<ul style="list-style-type: none"> • Walk in my shoes • Relationship action plan
3	Positive Mental Health Emotional literacy	<ul style="list-style-type: none"> • Brain storm about mental health • Swap statistics • Emotions vocabulary
4	Emotional literacy	<ul style="list-style-type: none"> • Body language • Empathy quiz • Hidden emotions
5	Personal strengths	<ul style="list-style-type: none"> • Qualities that I admire • Using my strengths
6	Personal strengths Quiz	<ul style="list-style-type: none"> • Finding your top 5 strengths • What is self talk • Remembering our strengths
7	Positive Coping Problem solving	<ul style="list-style-type: none"> • Building positive self talk • Tree change
8	Problem solving	<ul style="list-style-type: none"> • Introducing assertiveness • Video
9	Stress management	<ul style="list-style-type: none"> • What is stress • Sources of stress • Coping strategies • Relaxation techniques
10	Help seeking	<ul style="list-style-type: none"> • What could you do • What could you say • Peer support texts

Term 2

Week	Topic	Activities
1		<ul style="list-style-type: none"> What does it mean to be a good digital citizen Differences between online and face to face relationships
2	Digital citizen	<ul style="list-style-type: none"> The benefits of online communities Digital footprint
3		<ul style="list-style-type: none"> Rights and responsibilities of a digital citizen Risks associated with online environments
4		<ul style="list-style-type: none"> How to be safe in online environments
5	Healthy Eating	<ul style="list-style-type: none"> Food groups, What are they?
6		<ul style="list-style-type: none"> Serving Sizes
7		<ul style="list-style-type: none"> What are some Healthier alternatives for my lunch box
8		<ul style="list-style-type: none"> Creating a healthy snack alternative
9		<ul style="list-style-type: none"> Finalising the snack
10	This lesson will be done in the Monday instead of the Thursday	<ul style="list-style-type: none"> Cooking healthy snack