

# Newton Moore Senior High School Health & Physical Education Year 7 Health 2016



## Course Description

Students learn to demonstrate the interpersonal skills necessary for effective relationships and healthy active lifestyles. Students learn to demonstrate self-management skills, which will enable them to make informed decisions for healthy, active lifestyles. A range of topics will be covered. The Year 7 curriculum expands students' knowledge, understanding and skills to help them achieve successful outcomes in classroom, leisure, social, movement and online situations. Students learn how to take positive action to enhance their own and others' health, safety and wellbeing. They do this as they examine the nature of their relationships and other factors that influence people's beliefs, attitudes, opportunities, decisions, behaviours and actions. Students demonstrate a range of help-seeking strategies that support them to access and evaluate health and physical activity information and services.

The focus areas to be addressed in Year 7 but are not limited to:

- alcohol and other drugs (AD)
- food and nutrition (FN)
- health benefits of physical activity (HBPA)
- mental health and wellbeing (MH)
- relationships and sexuality (RS)
- safety (S)
- challenge and adventure activities (CA)
- games and sports (GS)
- lifelong physical activities (LLPA)
- rhythmic and expressive movement activities (RE).
- such as Sexuality, Drug education, Fitness, Mental Health, Nutrition, Keys for Life, Careers and Lifestyle diseases.








## Course Outline

Week	Content
1	Relationships Physical Activity in lifestyle Fitness testing
2	Drug Education *Smoking *Cannabis *Drugs & Law
3	Sexuality- Puberty Reproductive systems Adolescence

4	Lifestyle Choices *Nutrition *Body Image *Safety *Hygiene
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This course outline may be subject to change, any changes will be communicated to students.

## Assessment Outline

Task	Outcomes	Sem	Max Score	% Weight
 HPE - Health Lower School Health Education Sem 1				
..  S1				
....  Term 1 Health Assessment Task 1		1	50	25.0
....  Term 2 Health Assessment Task 2		1	50	25.0
..  S2				
....  Term 3 Health Assessment Task 3		2		25.0
....  Term 4 Health Assessment Task 4		2		25.0
Semester 1 % Total Weight				50.0
Semester 2 % Total Weight				50.0
Total Weight				100.0

The above weightings are intended to show the importance of each task. The allocation of a grade at the end of a semester is determined based on grade related descriptors issued by School Curriculum and Standards Authority