



Newton Moore Senior High School

Health & Physical Education

Year 8 Health

2016



Course Description

The 8 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. The Year 8 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 8 include, 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).

Course Outline

Week	Content
1	Theory of Fitness Functional Anatomy /Fitness assessment 1
2	Sexuality <ul style="list-style-type: none"> - Relationships - Conception - Pregnancy/birth - Condoms/STIs
3	Drug Education <ul style="list-style-type: none"> - Alcohol/Cannabis - Classification/Facts - Decision making
4	Nutrition <ul style="list-style-type: none"> - Fitness testing Assessment 2

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.