



# Newton Moore Senior High School

## Physical Education & Health

### Year 9 Health

#### 2016



## Course Description

The Year 9 curriculum supports students to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits.

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The focus areas to be addressed in Year 9 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)
- lifelong physical activities (LLPA)

## Course Outline

Week	Content
1	Sexuality <ul style="list-style-type: none"><li>- Relationships</li><li>- Contraception</li><li>- STIs/HIV</li></ul>
2	Cancer & Lifestyle Disease (Diabetes Type 2) Fitness Testing 1
3	Mental Illness <ul style="list-style-type: none"><li>- eating disorders</li><li>- Depression</li><li>- Self Understanding</li></ul>
4	Fitness/Diet Fitness testing 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.