

Course Information – PDHPE – YEAR 7

Course Outline:

In stage 4 (Year 7) PDHPE, students explore an array of quality learning experiences in a safe and supportive environment aimed at developing the knowledge, skills, values and attitudes needed to understand, value and lead a healthy lifestyle now and in the future. Students participate in 2 practical lessons and 1 theory lesson, per seven day cycle. Students will participate in a range of physical activities and sports, demonstrating proficient movement skills and teamwork in a variety of settings.

SEMESTER 1: SELF & RELATIONSHIPS

SEMESTER 2: INDIVIDUAL & COMMUNITY HEALTH

Topic Details

Topic Outline	Scheduled homework tasks	Suggestions for enriching resources or experiences
<p>SEMESTER 1: SELF & RELATIONSHIPS</p> <p>An introductory unit designed for the beginning of Year 7. Students explore the challenges of commencing high school and the support services available in the school setting. This unit also examines the physical, social and emotional changes that are experienced during adolescence and the many coping strategies and skills needed to navigate their way through growth and development.</p>	<p>TBD / various</p>	<p>http://raisingchildren.net.au/articles/mental_health_teenagers.html</p> <p>https://www.betterhealth.vic.gov.au/health/healthyliving/teenage-health</p> <p>http://www.cyh.com/HealthTopics/HealthTopicsAlpha.aspx?p=162</p>
<p>SEMESTER 2: INDIVIDUAL & COMMUNITY HEALTH</p> <p>In this unit students explore the relationship between physical activity and health. They analyse how they spend their time and plan for a balanced lifestyle that includes regular varied activity and a nutritious diet. They also look at health and activity promotion in the community and the many factors that determine a person's health throughout their lifetime.</p>	<p>TBD / various</p>	<p>http://www.nutritionaustralia.org/national/resource/nutrition-teens</p> <p>http://teenshealth.org/en/teens/easy-exercises.html?WT.ac=ctg</p> <p>http://www.nprsr.qld.gov.au/community-programs/pdf/school-community/daily-physical-activity-guide.pdf</p>

Approximate Topic Map for 2017

	Term 1	Term 2	Term 3	Term 4
W1	MEET AND GREET MODIFIED GAMES	BULLYING CROSS COUNTRY / ATHLETICS	WHAT IS HEALTH? TOUCH / OZTAG / FITNESS	BALANCED LIFESTYLE BASKETBALL
W2	GETTING TO KNOW MY CLASS MODIFIED GAMES	DEALING WITH BULLYING ATHLETICS / FITNESS	WHAT DO I DO? TOUCH / OZTAG / FITNESS	ACTIVITY VOLLEYBALL
W3	GETTING TO KNOW MY SCHOOL AQUATICS / MOD GAMES	CARING & RESPECT ATHLETICS / FITNESS	EXERCISE FOR ALL TOUCH / OZTAG / FITNESS	NUTRITION VOLLEYBALL
W4	CHANGES & CHALLENGES AQUATICS / MOD GAMES	DIVERSITY IN COMMUNITY ATHLETICS / FITNESS	BENEFITS OF EXERCISE INTERNATIONAL SPORTS	WELLBEING / SLEEP VOLLEYBALL
W5	SEEKING HELP AQUATICS / FITNESS	CHANGES & CHALLENGES AFL / SOCCER	TYPES OF ACTIVITY INTERNATIONAL SPORTS	FACTORS AFFECTING HEALTH STRIKING/CATCHING SPORTS
W6	WHY GET HELP? AQUATICS / FITNESS	PUBERTY AFL / SOCCER	REMAINING ACTIVE INDIGENOUS SPORTS	MARKETING IN HEALTH STRIKING/CATCHING SPORTS
W7	PARTICIPATION IN ACTIVITY AQUATICS / FITNESS	EVERYONE IS UNIQUE AFL / SOCCER	PHYSICAL ACTIVITY INDIGENOUS SPORTS	BODY IMAGE & HEALTH STRIKING/CATCHING SPORTS
W8	DEVELOPING RELATIONSHIPS AQUATICS / FITNESS	SUPPORT NETWORKS AFL / SOCCER	WHAT DO I EAT? BASKETBALL	SOCIAL MEDIA & YOU STRIKING/CATCHING SPORTS
W9	BEING A GOOD FRIEND AQUATICS / CROSS COUNTRY	MENTAL HEALTH CHALLENGES DANCE	WHAT IS HEALTHY? BASKETBALL	COMMUNITY INFLUENCES BEACH ACTIVITIES / GAMES
W10	POSITIVE PEER PRESSURE AQUATICS / CROSS COUNTRY	UNIT REVIEW DANCE	SELF-ASSESSMENT BASKETBALL	COMMUNITY SERVICES BEACH ACTIVITIES / GAMES
W11	NEGATIVE BEHAVIOURS AQUATICS / CROSS COUNTRY			COMMUNITY SERVICES BEACH ACTIVITIES / GAMES

Major Assessment Tasks and approximate timing

Task Name	Hand Out Week	Hand In Week	Weighting	
Bullying / Relationships task (semester 1)	Term 1, week 6	Term 1, week 8	30% (S1)	
Healthy Lifestyle Assignment / Presentation (semester 2)	Term 3, week 6	Term 3, week 8	30% (S2)	
Classwork & Bookwork (each semester)	N/A	N/A	10% (S1) 10% (S2)	
Practical Skill (each semester)	N/A	N/A	40% (S1) 40% (S2)	
Practical Participation and Teamwork (each semester)	N/A	N/A	20% (S1) 20% (S2)	
			Sem 1	Sem 2
			100	100