

Course Information – PDHPE – YEAR 8

Course Outline:

In stage 4 (Year 8) 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 4 practical lessons and 2 theory lessons, 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.

TERM 1: GROWTH & DEVELOPMENT

TERM 3: MENTAL HEALTH & RESILIENCE

TERM 2: DRUG FREE FOR LIFE

TERM 4: LIVING SAFELY & HEALTHY

Topic Details

Topic Outline	Scheduled homework tasks	Suggestions for enriching resources or experiences
<p>TERM 1: GROWTH & DEVELOPMENT</p> <p>Students identify and understand the changes that occur during puberty and adolescence. Students learn about the changes that occur during pregnancy and the heredity factors associated with individuals. Students explore interpersonal communication and enhance their ability to seek help.</p>	TBD / various	<p>http://kidshealth.org/en/kids/puberty.html</p> <p>http://raisingchildren.net.au/articles/puberty.html</p> <p>http://www.channel4.com/programmes/the-great-sperm-race/articles/all/the-great-sperm-race-game</p>
<p>TERM 2: DRUG FREE FOR LIFE</p> <p>Students focus on alcohol and illicit drugs the risks associated with its use. Students implement harm minimisation practices and appropriate decision making to avoid unsafe situations and enhancing the ability to lead healthy lives.</p>	TBD / various	<p>http://au.reachout.com/all-about-binge-drinking</p> <p>http://www.druginfo.adf.org.au/fact-sheets/the-facts-about-binge-drinking-web-fact-sheet</p> <p>http://www.tacklingbingedrinkng.gov.au/internet/tackling/publishing.nsf/content/under-the-influence</p>
<p>TERM 3: MENTAL HEALTH & RESILIENCY</p> <p>Students learn about the nature of health. The importance of mental health. Students look at definitions of mental health and strategies to address misunderstandings about mental health problems. Students examine relationship between all dimensions of health and support structures and services. Also includes strategies for increasing resiliency</p>	TBD / various	<p>http://www.mindhealthconnect.org.au/teenage-mental-health</p> <p>http://teenmentalhealth.org/</p> <p>https://www.headspace.org.au/</p>
<p>TERM 4: LIVING SAFELY & HEALTHY</p> <p>Students learn about and research the safety factors that affect young people in our society. A focus is placed on beach, sun safety and procedures around the home. Students undertake emergency care situations and implement risk management and protective factors. Students also identify the risks and consequences associated with unhealthy eating and harm reduction factors.</p>	TBD / various	<p>https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating</p> <p>http://www.royallifesaving.com.au/training/first-aid</p> <p>http://nutritionaustralia.org/national/resource/healthy-eating-pyramid</p>

Approximate Topic Map for 2017

	Term 1	Term 2	Term 3	Term 4
W1	PUBERTY MODIFIED GAMES	DRUGS OVERVIEW CROSS COUNTRY / ATHLETICS	MENTAL HEALTH TOUCH / OZTAG / FITNESS	HOW SAFE? BASKETBALL
W2	PHYSICAL CHANGES MODIFIED GAMES	ALCOHOL ATHLETICS / FITNESS	TYPES OF ILLNESSES TOUCH / OZTAG / FITNESS	ACCIDENTS VOLLEYBALL
W3	MALE REPRODUCTIVE AQUATICS / MOD GAMES	ALCOHOL ATHLETICS / FITNESS	BEHAVIOUR/LANGUAGE TOUCH / OZTAG / FITNESS	BEACH SAFETY VOLLEYBALL
W4	FEMALE REPRODUCTIVE AQUATICS / MOD GAMES	BINGE DRINKING ATHLETICS / FITNESS	CONNECTEDNESS INTERNATIONAL SPORTS	BEACH SAFETY VOLLEYBALL
W5	MENSTRUATION AQUATICS / FITNESS	BINGE DRINKING AFL / SOCCER	RESILIENCY INTERNATIONAL SPORTS	ROAD SAFETY STRIKING/CATCHING SPORTS
W6	CONCEPTION AQUATICS / FITNESS	SAFE DRINKING AFL / SOCCER	RESILIENCY INDIGENOUS SPORTS	ROAD SAFETY STRIKING/CATCHING SPORTS
W7	CONCEPTION AQUATICS / FITNESS	EFFECTS OF ALCOHOL AFL / SOCCER	STRATEGIES INDIGENOUS SPORTS	EMERGENCY CARE STRIKING/CATCHING SPORTS
W8	HEREDITY AQUATICS / FITNESS	EFFECTS OF ALCOHOL AFL / SOCCER	SUPPORT STRUCTURES BASKETBALL	SUN EXPOSURE STRIKING/CATCHING SPORTS
W9	PREGNANCY AQUATICS / CROSS COUNTRY	HARM MINIMISATION DANCE	PROJECT BASKETBALL	HEALTHY LIFESTYLE BEACH ACTIVITIES / GAMES
W10	PREGNANCY AQUATICS / CROSS COUNTRY	DECISION MAKING DANCE	PROJECT BASKETBALL	NUTRITION BEACH ACTIVITIES / GAMES
W11	BIRTH AQUATICS / CROSS COUNTRY			DIETARY GUIDELINES BEACH ACTIVITIES / GAMES

Major Assessment Tasks and approximate timing

Task Name	Hand Out Week	Hand In Week	Weighting	
Puberty task (semester 1)	Term 1, week 6	Term 1, week 8	20% (S1)	
Topic Test / Class Quiz (semester 1)	N/A	Term 2, week 5	15% (S1)	
Resilience Presentation (semester 2)	Term 3, week 6	Term 3, week 8	20% (S2)	
Topic Test / Class Quiz (semester 2)	N/A	Term 4, week 5	15% (S2)	
Classwork & Bookwork (each semester)	N/A	N/A	5% (S1)	5% (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