

Course Information – PDHPE – YEAR 9

Course Outline:

In stage 5 (Year 9) 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: SEXUAL HEALTH & POSITIVE RELATIONSHIPS
TERM 3: MENTAL HEALTH

TERM 2: DRUG USE
TERM 4: HEALTHY HABITS/LIFESTYLE

Topic Details

Topic Outline	Scheduled homework tasks	Suggestions for enriching resources or experiences
<p>TERM 1: SEXUAL HEALTH & RELATIONSHIPS</p> <p>Students look at the issues surrounding sexuality and identity in relationships. Students also devise expectations of positive relationships, discuss consequences and protection measures in order to make informed and healthy choices. Students also identify positive and healthy relationships and the expectations to live safely in society.</p>	TBD / various	<p>https://kidshelpline.com.au/teens/tips/building-respectful-relationships/</p> <p>http://growingrespect.org.au/what-we-do/overview/</p> <p>http://thelookout.sites.go1.com.au/sites/thelookout.sites.go1.com.au/files/Building-Respectful-Relationships.pdf</p> <p>http://au.reachout.com/wellbeing/sex-and-relationships/relationships</p> <p>https://www.mensline.org.au/improving-relationships/is-your-relationship-healthy</p> <p>http://www.relationships.org.au/relationship-advice/relationship-advice-topics/developing-positive-and-respectful-relationships/what-makes-a-good-relationship</p>
<p>TERM 2: DRUG USE</p> <p>Students learn about the types of drugs, reasons for use and consequences associated with them. Students also discuss harm minimisation and avoidance strategies and debate the considerations of drug use and the effects on physical and mental health.</p>	TBD / various	<p>http://www.abc.net.au/4corners/stories/2016/02/15/4404734.htm</p> <p>http://au.reachout.com/the-facts-about-drug-addiction</p> <p>http://www.adf.org.au/</p>
<p>TERM 3: MENTAL HEALTH</p> <p>Students investigate and research the aspects surrounding cyber bullying, resilience strategies, body image and support networks available for young people in the local environment. Students enhance their levels of empathy for others and learn to identify stressful situations and the strategies to prevent or manage the stressors in life.</p>	TBD / various	<p>http://www.blackdoginstitute.org.au/index.cfm</p> <p>https://www.mindmatters.edu.au/</p> <p>https://www.beyondblue.org.au/</p>
<p>TERM 4: HEALTHY HABITS / LIFESTYLE</p> <p>Students investigate and participate in a range of activities surrounding the topics of fuel for the human body and for physical activity, general fitness and appreciation of lifestyle activities and the positive result of maintaining a balanced and healthy lifestyle.</p>	TBD / various	<p>http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines</p> <p>https://www.healthykids.nsw.gov.au/teachers-childcare/physical-activity.aspx</p> <p>http://www.nutritionaustralia.org/</p>

Approximate Topic Map for 2017

	Term 1	Term 2	Term 3	Term 4
W1	DISCRIMINATION MODIFIED GAMES	ILLCIT DRUGS CROSS COUNTRY / ATHLETICS	CYBER BULLYING TOUCH / OZTAG / FITNESS	FUEL FOR THE BODY BASKETBALL
W2	DISCRIMINATION MODIFIED GAMES	ILLCIT DRUGS ATHLETICS / FITNESS	CYBER BULLYING TOUCH / OZTAG / FITNESS	FUEL FOR THE BODY VOLLEYBALL
W3	PREJUDICE AQUATICS / MOD GAMES	ILLCIT DRUGS ATHLETICS / FITNESS	RESILIENCE TOUCH / OZTAG / FITNESS	FUEL FOR ACTIVITY VOLLEYBALL
W4	DOMESTIC VIOLENCE AQUATICS / MOD GAMES	HARM MINIMISATION ATHLETICS / FITNESS	RESILIENCE INTERNATIONAL SPORTS	FUEL FOR ACTIVITY VOLLEYBALL
W5	DOMESTIC VIOLENCE AQUATICS / FITNESS	HARM MINIMISATION AFL / SOCCER	RESILIENCE INTERNATIONAL SPORTS	SPORTS BODY IMAGE STRIKING/CATCHING SPORTS
W6	POSITIVE CHOICES AQUATICS / FITNESS	HELPING OTHERS AFL / SOCCER	BODY IMAGE INDIGENOUS SPORTS	SPORTS BODY IMAGE STRIKING/CATCHING SPORTS
W7	CONTRACEPTION AQUATICS / FITNESS	HELPING OTHERS AFL / SOCCER	BODY IMAGE INDIGENOUS SPORTS	FITNESS – LIFELONG ACTIVITY STRIKING/CATCHING SPORTS
W8	CONTRACEPTION AQUATICS / FITNESS	ALTERNATIVES AFL / SOCCER	BODY IMAGE BASKETBALL	FITNESS – LIFELONG ACTIVITY STRIKING/CATCHING SPORTS
W9	STIs AQUATICS / CROSS COUNTRY	ALTERNATIVES DANCE	SUPPORT NETWORKS BASKETBALL	FITNESS – LIFELONG ACTIVITY BEACH ACTIVITIES / GAMES
W10	STIs AQUATICS / CROSS COUNTRY	POSITIVE STRATEGIES DANCE	SUPPORT NETWORKS BASKETBALL	FITNESS – LIFELONG ACTIVITY BEACH ACTIVITIES / GAMES
W11	STIs AQUATICS / CROSS COUNTRY			FITNESS – LIFELONG ACTIVITY BEACH ACTIVITIES / GAMES

Major Assessment Tasks and approximate timing

Task Name	Hand Out Week	Hand In Week	Weighting	
Sexual Health / Positive Relationships research 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)	
Mental Health Assignment / 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