



HEALTH EDUCATION Year 7 2018 Program Summary Western Australian Curriculum

Note: This program is subject to change in response to the needs and abilities of the students.

Term Sub-strands	Sub strands / Topic	Weeks	Summary of content	Assessments
Term 1	Puberty	11		
CIHW	Communicating and interacting for Health and Wellbeing	1	Introduction Icebreakers Program Outline, Assessment Outline, Class Rules	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement.
		2	Puberty – Types of Changes Physical, Social and Emotional Changes Examples	
		3	Puberty – Social and Emotional Changes - NURSE Challenges of these changes Negatives and Positives of these challenges Effects of these challenges	
		4	Puberty – Social and Emotional Changes - NURSE Strategies to deal with these changes: Coping skills Communication skills Problem-solving skills and strategies	
		5	Puberty – Social and Emotional Changes Strategies to deal with these changes: Problem-solving skills and strategies Revision	
		6	Puberty Test <i>Assessment – Puberty Test</i>	Assessment – Puberty Test 20 Marks - 10%
		6	Transitions Challenges - Children to Teenager to Adult Changes of responsibility and rights.	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement.
		7	Managing Transitions Attitudes, feelings and emotions around transitions	
		8		
		9		
		10	Assessment Booklet	Assessment – Puberty Transitions Booklet 20 Marks - 10%
11	<i>Assessment – Puberty Transitions Booklet (Due Week 11)</i>			

Term Sub-strands	Sub strands / Topic	Weeks	Summary of content	Assessments
TERM 2	Nutrition & Physical Activity	9		
BHSA CHAC	Being healthy, safe and active. Contributing to healthy and active communities	1	Nutrition What is Nutrition? Healthy vs. Unhealthy Attitudes	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement.
		2	Nutrition Healthy Plate (Australian Guidelines) Healthy Meal Options (Breakfast, Lunch, Dinner Snacks)	
		3	Food Selection Factors that Influence Food Selections and Eating (emotional, media, advertising, peers)	
		4	Nutrition Assessment Value for Money Meal Plan <i>Assessment – Value for Money Meal Plan</i>	Assessment – Value for Money Meal Plan 20 Marks - 10%
		5	Physical Activity What is Physical Activity Importance of Physical Activity Attitudes and Influences of Physical Activity	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement.
		6	Benefits of Physical Activity Health Benefits Social Benefits	
		7	Physical Activity Accessible physical activity options in the community	
		8	Physical Activity/Food Intake and Lifestyle How Physical Activity Affects your Food Intake How to Incorporate Physical Activity into your Life	
		9	Physical Activity Pamphlet Pamphlet Research and Planning <i>Assessment – Physical Activity Pamphlet</i>	Assessment – Value for Money Meal Plan 40 Marks – 20%

Term Sub-strands	Sub-strands	Weeks	Summary of content	Assessment
TERM 4	Relationships	10		
CIHW	Communicating and interacting for health and wellbeing	1	Types of Relationships What is a relationship?	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE).
		2	Who do you have a relationship with?	
		3	Reasons for Relationships Why do you have relationships? What do you get out relationships?	
		4	Benefits of Relationships What are the benefits of relationships? Different Relationships vs Different Benefits	Students are provided with regular direct feedback on classwork and achievement.
		5	Mid-Term Assessment <i>Assessment – Mid Term Relationships Test</i>	Assessment – Mid Term Relationships Test True/False Questionnaire Short Answer Long Answer 20 Marks - 10%
		6	Influences on Relationships Who/What can influence relationships How can relationships be influenced	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE).
		7	Influences on Relationships Positive and Negative Influences Effects of Positive and Negative Influences	
		8	Impact of Relationships Impact of Positive/Negative Relationships Positives and Negatives	
		9	- Revision Session	Students are provided with regular direct feedback on classwork and achievement.
		10	End of Term Assessment Influences of family and friends Social Medias influence/effects on relationships <i>Assessment – End of Term Relationships Test</i>	Assessment – Relationship Influences Test 20 Marks - 10%