



HEALTH EDUCATION Year 8 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	Weeks	Summary of content	Assessments	
TERM 1	Drugs and Alcohol	11			
BHS CHAS	Being healthy, safe and active	1-2	Class introductions and expectations Introduction to Health Education Drugs Drug Definition Drug Categories (Stimulants, Depressants, Hallucinogens, Other) Why people choose to use/not use drugs	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.	
		3	Alcohol What is alcohol? What are the affects of alcohol short/long?		
		4	What influences our decisions? What situations can arise with alcohol?		
		5	How can we say no? BAC/standard drinks Responding to scenarios		
		6	Mid Term Test Assessment – Mid Term Test		Assessment - Test 20 Marks – 10%
		Being healthy, safe and active Contributing to healthy and active communities	7		Smoking What's in a cigarette? The physical effects smoking can cause
	8		The impact smoking has on the community What can we do to reduce risks?		
	9		Assertiveness, Refusal Skills		
	10		Test Revision		
	11		Drug Education Test Assessment – Drug Education Test	Assessment – Drug Education Test 20 Marks – 10%	

TERM 2	Lifestyle Choices	10		
BHSA CIHW	Being healthy, safe and active	1	Nutrition Benefits and Disadvantages of Healthy Eating 6 Nutrients	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	5 Food Groups Recommendations for Healthy Eating (Australian Guide to Healthy Eating)	
		3	Energy Requirements & Food Labels Energy Intake vs Energy Expenditure Food Labels	
		4	Reading Food Labels – Sugar, Fat, Sodium, Kilojoules, Recommended Daily Intake Food Selections – Sustainability, Value for Money	
		5	Mid Semester Test <i>Assessment – Mid Semester Test</i>	
	Communicating and interacting for health and wellbeing	6	Health Promotion. What does HP look like? How is a program Structured?	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	Planning and Maintaining a Healthy Balanced Diet Food Selection Influences (family, friends, self) Strategies for success Assessment - Health Promotion Assignment (Nutrition or Physical Activity) – Video, Poster, Power Point ISSUED	
		8	Physical Activity Self-Assessment Benefits of Being Physically Active	
		9	Recommended Physical Activity Guidelines Strategies to Minimise Sedentary Behaviour Physical Activity Options Within the Community	
		10	Health Promotion Health Promotion Assignment (Nutrition or Physical Activity) – Video, Poster, Power Point <i>Assessment – Health Promotion Assignment</i>	

HEALTH EDUCATION Year 8 2018 Program Summary

Term Sub- strands	Sub-strands	Weeks	Summary of content	Assessment	
TERM 3	Wellbeing	10			
BHSA CIHWB	Being healthy, safe and active	1	Wellbeing What is well being? What is the importance of maintaining well being? Health self-assessment & review	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	Self Esteem What is self esteem? (definition) Why is self-esteem important? What is the difference between a positive and a negative self-esteem What influences self-esteem, thoughts & feelings		
		3	Social Media Effects on Mental Health Social media and Mental Health, Wellbeing and Self Esteem? What are the pros and cons of Social Media on Self Esteem and Well Being		
		4	Maintaining Mental Health Strategies to maintain wellbeing, mental health and self esteem Meditation and relaxation Revision for test		
		5	Mid Term Test Assessment – Mid Term Test		Assessment - Test 30 Marks – 15 %
	Communicating and interacting for health and well being	6	Mental health - Anxiety What is anxiety? Why and how can anxiety develop? Strategies to avoid harmful unhealthy situations	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	Mental health - Stress What is stress? Why and how can stress develop? Strategies to avoid harmful unhealthy situations		
		8	Mental health - depression What is depression? Why and how can depression develop? Strategies to avoid harmful unhealthy situations		
		9	Mental Health Assignment Students are to create a information package on one of the following		Assessment – Mental Health Assignment 30 Marks – 15 %
		10	Anxiety, stress or depression Assessment – Mental Health Assignment		

TERM 4	Growth Development & Sexual Health	10				
		1	Mental Health Week			
BHSA CHAS CIHWB	Being healthy, safe and active Contributing to healthy and active communities Communicating and interacting for health and well being	2	Relationships Positive & Negative Relationships Benefits Bullying Harassment <i>Assessment – Relationships Journal</i>	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.		
		3	Relationships Discrimination and Violence (Race, Gender and Sexuality) Help Seeking Strategies <i>Assessment – Relationships Journal Continued</i>			
		4	Relationships Effect on Behaviour – Peers, Family, Role Models Positive relationship qualities <i>Assessment – Relationships Journal Due</i>		Assessment – Relationships Journal 20 Marks - 10%	
				5	Relationships Test <i>Assessment – Relationships Test</i>	Assessment – Relationships Test 30 Marks - 15%
				6	Puberty Coping Strategies Communication Skills Problem Solving Skills & Strategies	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	Puberty Analysis of New Roles and Responsibilities Evaluating Management Strategies	
				8	Sexual Health & Relationships Consent, Refusal Skills	
				9	Imbalance of Power Use of power in relationships	
				10	Sexual Health & Relationships Consent, Refusal Skills Coping Strategies Communication Skills Problem Solving Skills & Strategies	