



WHS Year 7 Health

2024 Program Outline

| | Program Title | Content Sub-Strands | Context Area & Elaborations | Assessments |
|--------|---|---|---|---|
| Term 1 | All AboutMe (Wk1-Wk9) | Being Healthy, safe, and active | 1. Management of emotional and social changes associated with puberty through the use of; coping skills, communication skills, problem solving skills and strategies. (<u>ACPPS071</u>) | Assessment Task 1: Personal Biography (Due: Week 4) |
| | | Communicating and interacting for health and well being | 2. The impact of relationships on own and others' wellbeing. The benefits of relationships, the influence of peers and family applying online and social protocols to enhance relationships. (<u>ACPPS074</u>) | |
| Term 2 | Being Cybersafe (Wk1-Wk2) | Being Healthy, safe, and active | 3. Strategies to promote safety in online environments. (<u>ACPPS070</u>) | <u>Attitude and Behaviour:</u> Ongoing Semester One |
| Term 2 | Consent (Wk3) | Communicating and interacting for health and well being | 4. Strategies and skills to communicate assertively when seeking, giving, or denying consent are explained and applied. | |
| Term 2 | Puberty (Wk4-Wk11) | Being Healthy, safe and active | 1. Feelings and emotions associated with transitions; and practicing self-talk and help-seeking strategies to manage these transitions (<u>ACPPS070</u>) 1. Management of emotional and social changes associated with puberty through the use of; coping skills, communication skills, problem solving skills and strategies. (<u>ACPPS071</u>) | Assessment Task 3: Puberty Test (Due: Week 10) |
| Term 3 | Nutrition & Activity (Wk1-Wk10) | Being Healthy, safe and active | 1. Strategies to make informed choices to promote health, safety and wellbeing. (<u>ACPPS073</u>) | Assessment Task 4: Healthy lifestyles assessment (Due: Week 9) |
| | | Contributing to healthy and active communities | 2. Preventive health practices for young people to avoid and manage risk (<u>ACPPS078</u>) | |
| Term 4 | Body Systems (Wk1-Wk4) | Contributing to healthy and active communities | Health and social benefits of physical activity and recreational pursuits in natural and outdoor settings (<u>ACPPS078</u>) | <u>Attitude and Behaviour:</u> Ongoing Semester Two |
| Term 4 | Basic First Aid Principles (Wk5-Wk10) | Being Healthy, safe, and active | 1. Help seeking strategies that young people can use in a variety of situations. (<u>ACPPS072</u>) | |
| | | Contributing to healthy and active communities | 2. Preventive health practices for young people to avoid and manage risk. (<u>ACPPS077</u>) | |
| | | Being Healthy, safe and active | 3. Strategies to make informed choices to promote health, safety and wellbeing. (<u>ACPPS073</u>) | |