



WSHS Year 7 Health

2024 Program Outline

	Program Title	Content Sub-Strands	Context Area & Elaborations	Assessments
Term 1	All About Me (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. (ACPPS071)	Assessment Task 1: Personal Biography (Due: Week 4) Assessment Task 2: Resilience (Due: Week 9)
		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. (ACPPS074)	
Term 2	Being Cybersafe (Wk1-Wk2)	Being Healthy, safe, and active	3. Strategies to promote safety in online environments. (ACPPS070)	<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)		1. Feelings and emotions associated with transitions; and practicing self-talk and help-seeking strategies to manage these transitions (ACPPS070)	Assessment Task 3: Puberty Test (Due: Week 10)
		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. (ACPPS071)	
Term 3	Nutrition & Activity (Wk1-Wk10)	Being Healthy, safe and active	1. Strategies to make informed choices to promote health, safety and wellbeing. (ACPPS073)	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 (ACPPS078)	
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 (ACPPS078)	<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. (ACPPS072)	
		Contributing to healthy and active communities	2. Preventive health practices for young people to avoid and manage risk. (ACPPS077)	
		Being Healthy, safe and active	3. Strategies to make informed choices to promote health, safety and wellbeing. (ACPPS073)	