

Year 8 Health Education

Semester 1 Course Outline

This semester students will participate in two health units. In Term 1, students will study Risk Taking with a focus on alcohol and other drugs. Students will examine the reasons why young people use alcohol and drugs. They will explore peer pressure and how to be assertive when making informed decisions to promote their own and others' health, safety and wellbeing. In Term 2, students will study Well Being and Positive Self Concept. They will investigate the components of wellbeing including physical, social, school/career, financial and community wellbeing from a 'mindfulness' perspective (growth mindset, positive self-talk and resilience).

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- 7/8.1067 - Evaluates strategies and resources to manage changes and transitions and investigate impact on identities.
- 7/8.1068 - Evaluates the impact on wellbeing of relationships and valuing diversity.
- 7/8.1069 - Analyses factors that influence emotional responses.
- 7/8.1070 - Investigates strategies and practices that enhance own, others' and community health, safety and wellbeing.
- 7/8.1074 - Demonstrates skills to make informed decisions, and proposes and implements actions that promote own and others' health, safety and wellbeing.

Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Risk Taking (Alcohol and other drugs) - in class task	Term 1, Week 4 Monday 24 February via Google Classroom
Well Being and Positive Self Concept - in class task	Term 2, Week 4 Monday 18 May via Google Classroom

*Due dates are an estimate only

Teachers: Kate Cecere, James Farrell, Tim Folkard, Brad Jones and Tom Leddy

Executive Teacher: Kay Paten