

# Year 7 Health Education

## Semester 1 Course Outline

This semester students will participate in two health units. In Term 1, students will investigate the benefits of physical activity and how cultural diversity and the environment in which people live can impact people's physical activity levels. In Term 2, students will investigate the benefits and challenges of a variety of relationships and examine how relationships impact on the wellbeing of oneself and others.

### 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.
- 7/8.1072 - Examines the cultural and historical significance of physical activities and examines how connecting to the environment can enhance health 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*
The Benefits of Physical Activity (In class task)	Term 1, Week 4 Monday 24 February via Google Classroom
Social Health (In class task)	Term 1, Week 4 Monday 18 May via Google Classroom

\*Due dates are an estimate only

**Teachers:** Kate Bradley, Martin Desmet, Tim Folkard, Angelica Pahina and Kay Paten

**Executive Teacher:** Kay Paten