

# Year 7 Wellbeing, Health, Awareness and Management (WHAM)

## Semester 1 Course Outline

This semester is divided into two major units which aim to develop self-awareness and self-management. In term 1, we will focus on the development of skills needed for a successful transition to high school and consider the impact the 5 dimensions of health can have on overall well-being. In term 2, students will explore the physical, emotional, social and intellectual changes that occur during adolescence and consider how they impact on personal identity. They will investigate, evaluate and recommend strategies and resources to help manage the changes occurring during adolescence.

### The Personal and Social Capabilities focus for this semester include:

- Select, use and analyse strategies that assist in regulating behaviour and achieving personal and learning goals.
- Critique their effectiveness in working independently by identifying enablers and barriers to achieving goals .
- Assess, adapt and modify personal and safety strategies and plans, and revisit tasks with renewed confidence
- Examine influences on and consequences of their emotional responses in a learning, social and work-related contexts.
- Predict the outcomes of personal and academic challenges by drawing on previous problem solving and decision making strategies and feedback from peers and teachers.

### Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- HEALTH (1069) - Analyses factors that influence emotional responses.
- HEALTH (1067) - Evaluates strategies and resources to manage changes and transitions and investigate impact on identities.
- HEALTH (1070) - Investigates strategies and practices that enhance own, others' and community health, safety and wellbeing.
- HEALTH (1074) - Demonstrates skills to make informed decisions, and proposes and implements actions that promote own and others' health, safety and wellbeing.

Student progression in Self-Management and Self-Awareness Elements will also be reported through the following:

- Managing time effectively
- Work independently and show initiative
- Seeks assistance when required
- Recognise and expresses emotions appropriately
- Works toward learning goals

### Assessment Tasks

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

Task	Week Due*
Classwork	Ongoing
Puberty assignment	Week 8, Term 2

\*Due dates are an estimate only

**Teachers:** Martin Desmet, Brian Downton, Alex Leon. Ranjeet Sahi-Kaur, Kim Smith, Kay Paten