## Program Overview 2016 - Subject/Course: Health Year level: 7

### Section 1 – Term overview

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#### Content

- **Term 1**: Students engage in a variety of learning experiences about health information and its interpretation. Students investigate the Australian Guide to Healthy Eating and analyse food products and promote the health and wellbeing of individuals and others. Students will understand how to choose healthy food options for adolescents. They interpret the Australian Guide to Healthy Eating to draw conclusions about their own food intake and propose strategies to implement to make more sustainable food choices. They interpret food labels to draw conclusions as to the place snacks have in a healthy diet. They use positive health messages to promote healthy snacks to improve health and wellbeing of self and others.

- **Term 2**: In this unit, students investigate alcohol and drugs, the laws associated with their use, and the long- and short-term effects these have on the body. Students examine health information with respect to alcohol and drugs to evaluate possible health concerns and develop assertive skills to use in peer situations. Students will recognize the availability of alcohol/drugs and investigate the social context of alcohol/drug use. They identify the types of alcohol/drugs that are available and the laws associated with alcohol and drug use by adolescents. Students investigate the short- and long-term effects alcohol and drugs have on the body, evaluate health information available and possible health concerns regarding the usage of alcohol and drugs. Students explore the circle of influence from peers around decision making on alcohol/drugs and develop assertiveness skills to use in peer situations.

- **Term 3**: Students focus on the individual as they grow from childhood to adolescence. They investigate a range of physical, emotional, social, and intellectual changes occurring during adolescence and consider how they impact on identity. Students explore the development of self-values and beliefs, and address increases in adult expectations as they transition towards independence. Students examine the benefits of diversity and the impact of social inclusion on wellbeing during the adolescence transition. They investigate, evaluate and recommend strategies and resources to help manage a variety of changes occurring during adolescence. Note – this unit contains some explicit concepts, images and terminology related to puberty. Students will examine the stage of growth known as adolescence and consider how society recognizes this. They investigate physical and cognitive changes occurring during puberty, explore how the changes associated with puberty impact on identity, and analyze a variety of emotional responses associated with adolescence and consider what might influence these responses. They evaluate how diversity and changing relationships impact on wellbeing during adolescence. Students investigate a range of strategies and resources suitable for helping manage the changes and transition during puberty.

- **Term 4**: Students identify what are respectful relationships with family and friends and how empathy and ethical decision making contribute to these. Students explore the generational gap and the idea of mental wellness, how to cope in stressful situations, and types of mental illness and how to de-stigmatise these in society. Students will identify the relationships that occur within a family and the characteristics of these relationships. They explore the characteristics and behaviours of respectful relationships and how these are changing as they grow older. They investigate the benefits of having respectful relationships and examine their impact on their own and others’ health and wellbeing. Students investigate factors that influence emotions and identify what is meant by mental wellness and explore how to cope with stressful situations. They analyze these factors and develop strategies to demonstrate empathy and sensitivity and identify situations that would require empathy and sensitivity, such as mental health situations. Students explore types of mental illness and identify ways to de-stigmatise mental illness.

#### Assessment

- **Term 1**: Students complete an assignment. They investigate the quality of snack food products in their lunches and analyze their nutritional value using the Australian Guide to Healthy Eating and select strategies to promote healthy snack products to the school community. The assessment will gather evidence of the student’s ability to: investigate strategies and practices that enhance their own and others’ health and wellbeing, demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others’ health, safety and wellbeing.

- **Term 2**: Students complete a multimodal presentation. They investigate the truth about alcohol and drugs and suggest strategies to manage the influences on their decision making. The assessment will gather evidence of the student’s ability to: analyze factors that influence emotional responses and investigate and recommend strategies to manage these changes and transitions. The assessment will gather evidence of the student’s ability to: identify how strategies and resources used to manage changes and transitions impact on identities.

- **Term 3**: Students complete an assignment. They explore changes and transitions during adolescence and the impact they have on identity. They analyze factors that influence emotional responses and investigate and recommend strategies and resources to manage these changes and transitions. The assessment will gather evidence of the student’s ability to: identify how strategies and resources used to manage changes and transitions impact on identities.

- **Term 4**: Students complete a multimodal presentation. They work in groups to investigate the cultural and historical significance of physical activities and their connections to the environment. The assessment will gather evidence of the student’s ability to: examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing, apply personal and social skills to establish and maintain respectful relationships and promote fair play and inclusivity.