

Year 7 plan Health Victorian Curriculum:

Implementation year: 2017

School name: Kyabram P-12 College

Prepared by: Kerry Gannon



Identify Curriculum	Curriculum Booklet Descriptor	HP071 and HP072 are semester-long subjects that are completed in Year 7. Both units consist of practical and theoretical components. In Health Education , students will explore the physical, emotional and social changes that occur as a result of the adolescent stage of the lifespan and the factors that influence their own development. Students will investigate the effect of family and community expectations on the development of personal identity and values. They will also learn to describe the health resources, products and services available for young people and consider how they could be used to improve health.
	Achievement standard	<p>By the end of Level 8, students investigate strategies and resources to manage changes and transitions and their impact on identities. Students evaluate the benefits of relationships on wellbeing and respecting diversity. They analyse factors that influence emotional responses. They gather and analyse health information. They investigate strategies that enhance their own and others' health, safety and wellbeing. They investigate and apply movement concepts and strategies to achieve movement and fitness outcomes. They examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing.</p> <p>Students explain personal and social skills required to establish and maintain respectful relationships and promote fair play and inclusivity. They justify actions that promote their own and others' health, safety and wellbeing at home, at school and in the community. Students demonstrate control and accuracy when performing specialised movement skills. They apply and refine movement concepts and strategies to suit different movement situations. They apply the elements of movement to compose and perform movement sequences.</p> <p>Source: Victorian Curriculum 14 September 2015 http://victoriancurriculum.vcaa.vic.edu.au/Copyright</p>
	Reporting Descriptor	Students have developed skills needed for the safe participation of effective relationships, physical activities and games. Attitudes and behaviours which contribute to the safety and health of individuals and groups in our community were also investigated. Students addressed positive attitudes, values and behaviours towards physical activities, making it enjoyable and fulfilling.

Unit Overview	Introducing and Exploring Health Building Relationships	Support Networks and Relationships: Friends/Family/Gender/Race/Religion	Puberty Safe Sexual Practices	Sunsmart Water safety
<p>Teaching Hours: 1 hour per week</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Teaching and learning</p>	<p>Being healthy, safe and active</p> <p>Investigate the impact of transition and change on identities (VCHPEP123)</p> <p>Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)</p> <p>Communicating and interacting for health and wellbeing</p> <p>Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)</p> <p>Develop skills to evaluate health information and express health concerns (VCHPEP129)</p> <p>Contributing to healthy and active communities</p>	<p>Being healthy, safe and active</p> <p>Investigate the impact of transition and change on identities (VCHPEP123)</p> <p>Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)</p> <p>Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)</p> <p>Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)</p> <p>Communicating and interacting for health and wellbeing</p> <p>Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)</p>	<p>Being healthy, safe and active</p> <p>Investigate the impact of transition and change on identities (VCHPEP123)</p> <p>Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)</p> <p>Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)</p> <p>Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)</p> <p>Communicating and interacting for health and wellbeing</p> <p>Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)</p>	<p>Being healthy, safe and active</p> <p>Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)</p> <p>Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)</p> <p>Communicating and interacting for health and wellbeing</p> <p>Develop skills to evaluate health information and express health concerns (VCHPEP129)</p> <p>Contributing to healthy and active communities</p> <p>Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)</p>

	<p>Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)</p> <p>Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (VCHPEP131)</p> <p>Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)</p>	<p>Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)</p> <p>Contributing to healthy and active communities</p> <p>Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)</p> <p>Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (VCHPEP131)</p> <p>Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)</p>	<p>Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)</p> <p>Develop skills to evaluate health information and express health concerns (VCHPEP129)</p> <p>Contributing to healthy and active communities</p> <p>Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)</p> <p>Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (VCHPEP131)</p>	<p>Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (VCHPEP131)</p> <p>Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)</p>
--	--	---	--	--

Develop assessment	Assessment				
		Introducing and Exploring Health Building Relationships	Support Networks and Relationships: Friends/Family/Gender/Race/Religion	Puberty Safe Sexual Practices	Sunsmart Water safety
		Assessment	Assessment	Assessment	Assessment
		Lifestyle Test based on the importance of health and relationships they have built (RLT)	Family Tree/Family Relationship Chart (RLT)	Essay - identify and explain changes with adolescence, what changes have already occurred and what changes (physical, social and emotional) they can expect to experience. (RLT)	Poster regarding Sunsmart initiative (RLT) Complete elements of the Victorian Water Safety Certificate (overlaps with practical element in PE)
Make judgments and use feedback	Moderation	<ul style="list-style-type: none"> • Answer sheet • Cross marking 	<ul style="list-style-type: none"> • Rubric • Gallery of Charts • Cross marking 	<ul style="list-style-type: none"> • Rubric • Cross marking 	<ul style="list-style-type: none"> • Rubric • Gallery of posters • Cross marking

Year 7 Health: review for balance and coverage of content descriptions.

Knowledge & Understanding – Communicating & Interacting for Health and Well-Being				
	1	2	3	4
Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)		*	*	
Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	*	*	*	
Develop skills to evaluate health information and express health concerns (VCHPEP129)	*		*	*
Knowledge & Understanding – Contributing to Healthy & Active Communities				
Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)		*	*	*
Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (VCHPEP131)		*	*	*
Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)		*		*

Knowledge & Understanding – Being Healthy, Safe & Active				
	1	2	3	4
Investigate the impact of transition and change on identities (VCHPEP123)	*	*	*	
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)		*	*	
Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)	*	*	*	*
Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)			*	*