

PDHPE Year 7



Term 1 *"Who is in the Mirror"*

Topics covered:

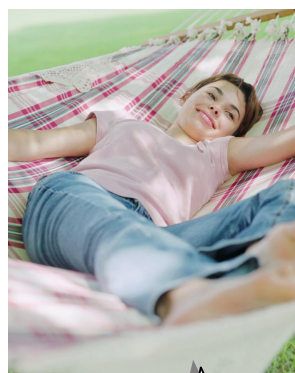
A sense of self
Who am I
Influences on self
Increase self esteem
Body image
Being connected
Interpersonal skills
Communication
Rights and responsibilities
Seeking help
Interacting skills



Term 2 *"What's Up Doc?"*

Topics covered:

The nature of health
Personal meaning of health
Factors of health
Mental health
Resilience and coping strategies
Misunderstandings
Access information
Choosing services
Alternative medicine
Planning skills



Term 3 *"What's Happening to Me"*

Topics covered:

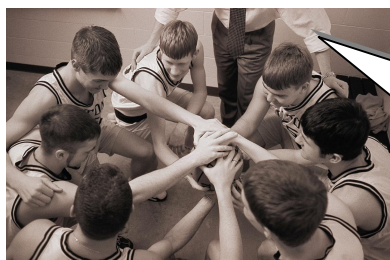
Changes & challenges
Adolescence & change
Positive reactions
How to manage
Body image
Time to talk
What it means to be male or female
Communication skills



Term 4 *"Risky Business"*

Topics covered:

Exploring risk
Positive / negative
Minimising harm
Water safety
Personal safety
First aid
Peer pressure
Drug use & abuse
Effects of tobacco
Effects of cannabis
Decision-making
Problem-solving



Physical Education & Sport

Topics covered:

Basic ball skills, Gymnastics, Fitness, Athletics, Newcombball / Volleyball, Dance, Netball, Basketball, Soccer, T-Ball / Softball, Sphairee, Aquatics