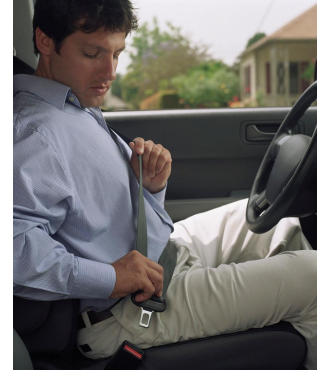


PDHPE Year 8



Term 1 “Balanced Lifestyle”

Term 2 “Positive Relationships”

Term 3 “We Are What We Eat”

Term 4 “Safe or Sorry”

Topics covered:

Components of lifestyle
Personal benefits
Increase activity
Components of fitness
Cultural significance
Gender in sport
Benefits of media
Environment
Planning skills

Topics covered:

Communication
Overcoming barriers
Family structures
Family and peers
Caring and respect
Abuse and neglect
Power balance
Bullying and harassment
Protective strategies
Trust, talk, and take control

Topics covered:

Dietary guidelines
Dietary habits
Cultural and social influences on food
Energy balance
Realistic meal planning
Food labelling
Advertising
Relationship between food and health

Topics covered:

Classification of drugs and effects
Alcohol
Road safety
Gender expectation
Potential for harm
Sexual behaviour
STIs
Risk factors and the law
Basic first aid
Decision making



Physical Education & Sport

Topics covered:

Gymnastics, Fitness, Athletics, Dance, Cricket, Touch, Basketball, Hockey, and Recreational Sports in the community.