

# YPDHPE 9



## Term 1 *"Think Before You Act"*

**Topics covered:**  
 Personal values  
 Attitudes to sex  
 Sexual health  
 Healthy behaviours  
 Gender expectations  
 Stereotypes  
 Health services  
 Abstinence  
 Individual power  
 Contraception  
 Communication



## Term 2 *"Life in the Slow Lane"*

**Topics covered:**  
 Health decisions  
 Risk behaviours  
 Illicit drugs  
 Short & long term consequences  
 Reasons why  
 Influences that impact drug use  
 Staying safe  
 Protective strategies  
 Marketing strategies  
 Decision-making



## Term 3 *"Lean on Me"*

**Topics covered:**  
 Positive self image  
 Factors affecting our self image  
 How thoughts affect feelings  
 Impact of stress  
 Personal power  
 Conflict & cooperation  
 Recognise & respond to abuse  
 Affirming diversity



## Term 4 *"The Balancing Act"*

**Topics covered:**  
 Strengthening resiliency  
 Overcoming adversity  
 Enjoyment in activities  
 Roles in physical activities  
 Event planning for participation  
 Personal action plan



## Physical Education & Sport

**Topics covered:**  
 Gymnastics, Fitness, Athletics, Dance, Volleyball, Netball, Soccer, Flag Football / Gridiron, and Recreational Sports in the community.