

# PDHPE Year 10



## Term 1 *"But Wait There's More"*

## Term 2 *"Night on the Town"*

## Term 3 *"Dealing with Difference"*

## Term 4 *"Challenge the Challengers"*

### Topics covered:

Assessing health products  
Impact of peers and the media  
How & why health knowledge changes  
Influences on food choices  
"Super Size Me"  
Food surveys  
Food labelling  
Decision-making

### Topics covered:

Respecting ourselves  
Protective strategies  
Driver Education  
Safe road use  
Analyse motor vehicle accidents  
Being a passenger  
Driver fatigue  
Consequences of alcohol use  
Consequences of other drug use

### Topics covered:

What is discrimination  
Marginal groups  
Treatment of individuals  
Challenging perceptions  
What is diversity  
Workplace policies  
Positive images  
Making a difference

### Topics covered:

Predicting future challengers  
Life choices  
Preparing for a changing future  
Social & cultural influences  
Work choices  
Developing a CV  
Preparing for an interview  
Dealing with change



## Physical Education & Sport

### Topics covered:

Gymnastics, Fitness, Athletics, Dance,  
Students choose four games units that they enjoy, and Recreational Sports in the community.