



Health

Description

Year 9 Health students will complete activities designed to enhance their physical, intellectual, social, emotional and moral well-being. Opportunities are made for students to extend their skills to help them understand themselves and others, skills they will need to develop to enable future engagement in positive relationships.

Unit Topics

Theoretical topics covered in this subject include:

- Pregnancy and contraception*
- Health issues*
- Mental health*
- Health benefits of physical activity*
- Relationships and sexuality*
- Food and nutrition*

Skill Development

Respect, self esteem, positive relationships, teamwork, knowledge, literacy skills, and organisational skills.

Possible Assessment Tasks

- Reflection pieces*
- Research tasks*
- Informative flyer*
- Data analysis*

Activities/Camps/Excursions

School nurse visits and incursions.