

Year 10 Health & Physical Education: Semester 1 Overview 2019

Weeks	Topic	Assessment
Term 1 1-4	<p>Athletics & Fitness</p> <ul style="list-style-type: none"> - Long Jump, High Jump, Discus, Shot Put, Javelin, Relay, Running events. <p>Golf</p> <ul style="list-style-type: none"> - Drive, chip, putt, general stroke play, participation and skill improvement. <p>Harm Reduction (Drug & Alcohol) <i>Topics may include;</i></p> <ul style="list-style-type: none"> - Alcohol & the body - Identifying harms & strategies - Deciphering the media - Standard drinks & the law - Decision making & vulnerability - Helping a friend - Illicit drugs & the law - Drugs & their effects on the body - Cultural and societal pressures - Scenario based situations - First aid responses 	<p>Athletics Assessment Students are assessed on their ongoing application of skills understanding of athletic events.</p> <p>Golf Assessment Students are assessed on their ongoing application of skills understanding of golf.</p> <p>Alcohol/Drug Related Violence Students complete a multimodal presentation. They critically analyse current alcohol/drug related violence issue or concern to propose and justify a response as a campaign, or similar, to enhance health of an individual or community.</p>
5-8	<p>Mental Health & Well-being</p> <ul style="list-style-type: none"> - Investigation of the importance of mental health and well-being. Focussing on mood and mental wellbeing, mood disorders, helping yourself and reaching out. - Program undertaken via the Black Dog Head Strong Unit and Institute Mindfulness program <p>Archery</p> <ul style="list-style-type: none"> - Basic skills, safety, aiming, execution of release, initiative and collaboration, leadership and fair play. - Singles & team championship 	<p>Mental Health & Well-Being Task Student develop a campaign to be implemented in school to help improve the health and well-being of students.</p> <p>Archery Assessment Students are assessed on their ongoing application of skills understanding and participation of archery.</p>
9 - 11	<p>Surfing Students undertake a two-week unit of surfing, learning surf safety and basic skills of the aquatic activity.</p> <p>Dragon Boating Students experience the activity of Dragon Boating with the support of community members.</p> <p>Lifestyle Activities Participation and skill learning in a variety of team, individual and lifestyle activities. Examples of lifestyle activities may include; dance, Tai Chi, meditation, bushwalking and yoga.</p>	<p>Lifestyle Assessment Students are assessed in their ability to participate, collaborate with others, and work towards skill improvement in the activities undertaken.</p>

Term 2 1	Relationships & Sexual Health <ul style="list-style-type: none"> - Critical health literacy; development of how to be critical of sources of health information. 	
2	Careers Week	
3	Work Experience	
4-6	Relationships & Sexual Health <ul style="list-style-type: none"> - Power in relationships; impact of power in social situations and relationships. - Gender in intimate relationships; harm of assumptions with being a male or female and lack of communication can be harmful. Orienteering <ul style="list-style-type: none"> - Students learn basic map reading and navigation skills, undertaking local orienteering courses, in preparation for outdoor journeys. Bushwalking Camp <ul style="list-style-type: none"> - Students attend a 1-night bushwalking camp on kangaroo Island. Practicing the skills learnt in class. 	Orienteering Skills Assessment Basic Camping & Bushwalking Assessment
6-10	Relationships & Sexual Health <ul style="list-style-type: none"> - Sexualisation in popular media; the impact and influence of sexualised images, lack of equality and stereotypes portrayed in men and women in popular media. - Diversity; understanding difference and developing an understanding of the harms of bullying & harassment. <i>*Shine SA & Child Protection Curriculum</i> Lawn Bowls Delivery preparation, delivery of bowl, execution of skill, game play, initiative and collaboration, leadership and fair play.	Research Task Students complete a research report. They research issues in adolescent health and make recommendations on how to improve or maintain good health. SHINE Participation/Group Assessment Lawn Bowls Assessment Students are assessed on their ongoing application of skills and conceptual understanding of lawn bowls.

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