

YEAR 10 – Health Education

- SEMESTER 1 Unit Outline -



Course Description:

This course is broken up into two key areas: Personal Identity and Resilience.

The objectives and lessons for this unit are taken directly from SDRERA Challenges and Choices 9 – Module 1 Resilience Education.

Course Outcomes:

By the end of this unit you should be able to:

- Identify influences of socio-cultural factors on their own and others self-esteem and self-concept
- Understand the need for positive self-talk, goal setting, perseverance and optimistic thinking
- Show resiliency through managing change, coping with loss and grief, coping with breakdown of relationships
- Develop an understanding of mental illness
- Apply the concepts of equity and fair play
- Understand and respect diversity and difference and social justice
- Understand the role that empathy and ethical decision making play within a society

Course Organisation:

The organisation of the unit will be:

This unit runs for 50 min once a week. Students are provided with a workbook and lesson by lesson direction. Time is limited so there is an expectation students will complete work outside of class on occasion.

Students' activities will include:

- Information pertaining to the course outcomes
- Self reflection
- Goal setting
- Personal self-esteem building activities
- Active and responsible participation in all class discussions

Course Vocabulary

- Goal setting
- Time Management
- Prioritising
- Self esteem
- Value
- Equity
- Resilience

- Emotional Intelligence
- Self-talk
- Coping
- Fair Play
- Social Justice
- Cooperation
- Support

- Stress
- Time Management
- Relaxation techniques
- Stereotyping
- Socio-cultural factors

***Because of the nature of the Health Education unit, Incursions and guest speakers can sometimes alter the order of topics covered. Students are encouraged, and marked, on their contributions to class discussions. Because I encourage students to**

take an active and vocal part in every class, in depth class debates can also effect the unit timeline.

Course Timeline:

Wk	Activity	Assessment
1	Introduction and outline – Mind Map “Health”	
2	Values – How are values developed?	
3	Values – effects on Self Esteem	
4	Stress and Coping	
5	Stress and Coping	
6	Resilience	Assignment 1 Due
7	Resilience	
8	Managing emotions	
9	Managing Emotions	
10	Bullying, Harassment, Teasing	

Wk	Activity	Assessment
1	Understanding Mental Illness	
2	Understanding Mental Illness	
3	Empathy	
4	Empathy	
5	Optimistic Thinking	
6	Goal setting	Assignment 2 Due
7	Diversity and Social Justice	Topic Test
8	Diversity and Social Justice	
9	Ethical Decision making	
10	Recapping and Personal Reflection	

- Assessment Outline -

Course Assessment:

Wk	Assessment type	Weighting	Marks achieved	Your Total
Ongoing	Attitude and values	20%		
Ongoing	Contribution to Class Discussion	20%		
Term 1 week 6	Assignment 1	20%		
Term 2 week 6	Assignment 2	20%		
Term 2 Week 7	Topic Test	20%		
	Overall Grade	A-E		

Specific Equipment required for each lesson:

- An exercise book and worksheets will be provided
- Students need to bring scissors, pens, pencils and colour pencils to each class