

# YEAR 8 – Health Education

- TERM 1 Unit Outline -



## Course Description:

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

The course objectives and outline are taken directly from the SDERA Challenges and Choices 8 – 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 to unit	
2	Coping – Are you OK?	
3	Identifying sources of help	
4	Asking for help	
5	Strength, It's not always about being strong!	
6	Character Strengths	
7	Leadership	
8	Dealing with pressure	
9	Decision making	Topic test
10	Decision making	Workbook Due

## - Assessment Outline -

**Course Assessment:**

Wk	Assessment type	Weighting	Marks achieved	Your Total
Ongoing	Attitude and values	25%		
Ongoing	Contribution to Class Discussion	25%		
Term 1 Week 9	Topic Test	25%		
Term 1 week 10	Completed workbook	25%		
	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