

YEAR 7/8 – Health Education

SEMESTER 2 TERM 4

Unit Outline – Road Safety-



Course Description:

This course is taken directly from the SDERA Challenges and Choices Education Program which is reflective of the curriculum. This term the focus is on Road Safety Education

Course Outcomes:

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

- Identify help-seeking strategies that young people can use in a variety of situations **(ACPPS072)**
- Develop strategies to make informed choices to promote health, safety and wellbeing, such as: researching nutritious meals that offer value for money, proposing alternatives to medicine, examining accessible physical activity options in the community **(ACPPS073)**
- Understand the impact of relationships on own and others' wellbeing; the benefits of relationships, the influence of peers and family, applying online and social protocols to enhance relationships **(ACPPS074)**
- Identify preventative health practices for young people to avoid and manage risk, such as: sun-protective behaviours, adoption of the Australian Dietary Guidelines for healthy food choices and serving sizes **(ACPPS077)**
- Understand the health and social benefits of physical activity and recreational pursuits in natural and outdoor settings **(ACPPS078)**

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
- Two incursions during the term directly relating to the unit
- Active and responsible participation in all class discussions

Course Vocabulary

- FATALITIES
- PEDESTRIANS
- PASSENGERS
- DRIVERS
- STATISTICS
- LIMITS
- LICENCING

- FATIGUE
- DRINK DRIVING
- TRAUMA
- BREATH TESTING
- HELMETS
- REACTION TIME
- CONSEQUENCES

- SPEED LIMIT
- VEHICLE
- INEXPERIENCE
- OVER-CONFIDENT
- RISK TAKING
- SPEED
- TRAFFIC

***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	Setting the scene (ACPPS073, 078) <ul style="list-style-type: none"> • Introduction to road safety • Crashes aren't always accidents 	
2	Cycling and riding (ACPPS073, 077, 078) <ul style="list-style-type: none"> • Introduction to cycling 	
3	Cycling and riding <ul style="list-style-type: none"> • How a bike helmet works 	
4	Cycling and riding <ul style="list-style-type: none"> • The helmet debate • Stopping distance 	
5	Promoting Health and Safety (ACPPS073, 077, 078) <ul style="list-style-type: none"> • Investigating active transport practices • Assessing safety in the community 	ASSIGNMENT
6	Promoting Health and Safety <ul style="list-style-type: none"> • Utilising strengths to conduct a walking event 	
7	Promoting Health and Safety <ul style="list-style-type: none"> • Planning an excursion 	
8	Strategies to manage risks and seek help (ACPPS072, 073, 074) <ul style="list-style-type: none"> • Responding to emergency situations • Practising DRSABCD procedure • Identifying and managing risks • Feelings and thoughts influencing our actions 	ASSIGNMENT DUE TOPIC TEST
9	Reflecting on road safety (ACPPS073) <ul style="list-style-type: none"> • Speaking up for road safety • Identifying and expressing opinions • Road safety into practice 	

- Assessment Outline -

Course Assessment:

Wk	Assessment type	Weighting	Marks achieved	Your Total
Ongoing	Attitude and values	25%		
Ongoing	Contribution to Class Discussion	25%		
	Assignment 1	25%		
	Topic Test	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