

# AC Health and Physical Education EP Curriculum Map



## Years 7 and 8 Personal, Social and Community Health

Being healthy, safe and active

Content Descriptor	Lesson Names
Investigate the impact of transition and change on identities (ACPPS070)	<i>Transition and Change</i> <ul style="list-style-type: none"><li>• Gender, Identity and Sexuality</li><li>• The Physical, Social and Emotional Changes of Childhood</li><li>• The Physical, Social and Emotional Changes of Adolescence</li><li>• Changing Feelings</li><li>• Personal and Cultural Identity</li><li>• Managing Transitions and New Responsibilities</li><li>• Staying Safe in a Sexual Relationship</li><li>• Glossary: Transition and Change</li><li>• Spelling: Transition and Change</li><li>• Topic Test: Transition and Change</li></ul>
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071)	<i>Managing Changes</i> <ul style="list-style-type: none"><li>• Health Information Available to Young People</li><li>• Health Services Available to Young People</li><li>• Health and the Media</li><li>• Peer and Family Relationships</li><li>• Evolving Roles and Responsibilities</li><li>• Managing Changes and Emotions</li><li>• Strategies to Manage Evolving Roles and Responsibilities</li><li>• Social Media, Technology and Strategies for Staying Safe</li><li>• Body Image</li><li>• Coping with Loss and Grief</li><li>• Glossary: Managing Changes</li><li>• Spelling: Managing Changes</li></ul>

	<ul style="list-style-type: none"> <li>● Advanced Spelling: Managing Changes</li> <li>● Topic Test: Managing Changes</li> </ul>
<p>Practise and apply strategies to seek help for themselves or others (ACPPS072)</p>	<p><i>Strategies to Seek Help</i></p> <ul style="list-style-type: none"> <li>● Healthy Relationships and Seeking Help</li> <li>● Overcoming Barriers to Seeking Help</li> <li>● Communication Techniques for Seeking Help</li> <li>● Emotions and Decision-Making</li> <li>● Help-Seeking Scenarios: Unsafe Situations</li> <li>● Help-Seeking Scenarios: Challenge and Change</li> <li>● Basic Principles of First Aid</li> <li>● Glossary: Strategies for Seeking Help</li> <li>● Spelling: Strategies to Seek Help</li> <li>● Topic Test: Strategies to Seek Help</li> </ul>
<p>Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)</p>	<p><i>Promoting Health, Safety and Wellbeing</i></p> <ul style="list-style-type: none"> <li>● Being Healthy, Safe and Active</li> <li>● Young People and Drug Use</li> <li>● Communicating Health Concerns</li> <li>● Drug Use and Decision Making</li> <li>● Healthy Food Choices</li> <li>● Exercise in Our Communities</li> <li>● Making a Decision</li> <li>● The Effect of Drugs</li> <li>● Help-Seeking Scenarios: Unsafe Situations</li> <li>● Decision Making</li> <li>● Managing Stress - Case Study</li> <li>● Understanding Stress</li> <li>● Managing Stress</li> <li>● What's on the Label?</li> <li>● Improving the Nutritional Value of Meals</li> <li>● Understanding Alcohol</li> <li>● Celebrating Safely</li> <li>● Exercise in Our Natural and Built Environments</li> <li>● Road Safety</li> <li>● Staying Safe in a Sexual Relationship</li> <li>● Strategies for Being Safe Online</li> </ul>

- Glossary: Promoting Health, Safety and Wellbeing I
- Glossary: Promoting Health, Safety and Wellbeing II
- Spelling: Promoting Healthy, Safety and Wellbeing - Advanced
- Spelling: Promoting Healthy, Safety and Wellbeing - Beginner
- Topic Test: Being Healthy, Safe and Active

## Communicating and interacting for health and wellbeing

Content Descriptor	Lesson Names
Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074)	<p><i>Relationships</i></p> <ul style="list-style-type: none"> <li>● Types of Relationships</li> <li>● Bullying and Harassment</li> <li>● Online Relationships</li> <li>● Respectful, Inclusive and Equal Relationships</li> <li>● Gender, Stereotypes and Relationships</li> <li>● The Impact of Relationships on Our Behaviours and Actions</li> <li>● Power in Relationships</li> <li>● Communicating Within Relationships</li> <li>● Spelling List: Relationships</li> <li>● Advanced Spelling: Relationships</li> <li>● Topic Test: Relationships</li> </ul>
Analyse factors that influence emotions , and develop strategies to demonstrate empathy and sensitivity (ACPPS075)	<p><i>Emotions, Empathy and Sensitivity</i></p> <ul style="list-style-type: none"> <li>● Understanding Different Viewpoints</li> <li>● Different Ways to Communicate</li> <li>● Factors That Influence Our Emotions</li> <li>● Managing Stress</li> <li>● Glossary: Emotions, Empathy and Sensitivity</li> <li>● Spelling: Emotions, Empathy and Sensitivity</li> <li>● Topic Test: Emotions, Empathy and Sensitivity</li> </ul>
Evaluate health information and communicate their own and others' health concerns (ACPPS076)	<p><i>Evaluating Health Information</i></p> <ul style="list-style-type: none"> <li>● Health Information Available to Young People</li> <li>● Health Services Available to Young People</li> <li>● Communicating Health Concerns</li> <li>● Glossary: Evaluating Health Information</li> </ul>

- Spelling: Evaluating Health Information
- Topic Test: Evaluating Health Information

## Contributing to healthy and active communities

Content Descriptor	Lesson Names
Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities (ACPPS077)	<p><i>Enhancing Health Safety and Wellbeing in Communities</i></p> <ul style="list-style-type: none"> <li>● The Components of Health and Overall Wellbeing</li> <li>● The Perceptions of Wellbeing in Your Community</li> <li>● Healthy Food Choices</li> <li>● An Apple a Day Keeps the Doctor Away</li> <li>● The Connection of Mind, Body and Spirit</li> <li>● Looking After Your Mental Health and Wellbeing</li> <li>● Keeping the Bugs at Bay</li> <li>● Your Place in the World</li> <li>● The Connection of Wellbeing to Community and Place</li> <li>● Glossary: Enhancing Health, Safety and Wellbeing in Communities</li> <li>● Spelling: Enhancing Health, Safety and Wellbeing in Communities</li> <li>● Advanced Spelling: Enhancing Health, Safety and Wellbeing in Communities</li> <li>● Topic Test: Enhancing Health, Safety and Wellbeing in Communities</li> <li>● Advanced Topic Test: Enhancing Health, Safety and Wellbeing in Communities</li> </ul>
Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (ACPPS078)	<p><i>Promoting Health and Wellbeing in Communities</i></p> <ul style="list-style-type: none"> <li>● Exercise in Our Natural and Built Environments</li> <li>● Minimal Impact Outdoor Recreation</li> <li>● The Impact of The Great Outdoors on Our Wellbeing</li> <li>● Exercise in Our Communities</li> <li>● The Connection to Country/Place</li> <li>● Glossary: Promoting Health and Wellbeing in Communities</li> <li>● Spelling: Promoting Health and Wellbeing in Communities</li> <li>● Advanced Spelling: Promoting Health and Wellbeing in Communities</li> <li>● Topic Test: Promoting Health and Wellbeing in Communities</li> </ul>
Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity (ACPPS079)	<p><i>Promoting Inclusivity in Communities</i></p> <ul style="list-style-type: none"> <li>● Family, Kinship, Health and Wellbeing</li> <li>● Changing Societal Norms</li> </ul>

- Challenging Stereotypes
- Values, Beliefs and Discrimination
- Contextual Factors in Your Community
- Spelling: Promoting Inclusivity in Communities
- Glossary: Promoting Inclusivity in Communities
- Topic Test: Promoting Inclusivity in Communities

## Years 9 and 10 Personal, Social and Community Health

### Being healthy, safe and active

Content Descriptor	Lesson Names
Evaluate factors that shape identities and critically analyse how individuals impact the identities of others (ACPPS089)	<p><i>Identities</i></p> <ul style="list-style-type: none"> <li>• Introduction: What is Identity?</li> <li>• Norms and Stereotypes</li> <li>• Representing Diversity and Gender</li> <li>• Gender Identities</li> <li>• Online Identities and Identity Online</li> <li>• Transitions to Adulthood</li> <li>• Representing Diversity and Gender</li> <li>• Glossary: Identities</li> <li>• Spelling: Identities</li> <li>• Advanced Spelling: Identities</li> <li>• Topic Test: Identities</li> </ul>
Examine the impact of changes and transitions on relationships (ACPPS090)	<i>Not currently supported</i>
Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at short or long term risk (ACPPS091)	<p><i>Managing Risky Situations</i></p> <ul style="list-style-type: none"> <li>• Emergency Response and First Aid</li> <li>• Exercising Safely</li> <li>• Road Safety</li> <li>• Managing Bloody Situations</li> <li>• Responding to Risky Situations</li> </ul>

	<ul style="list-style-type: none"> <li>• Protective Strategies for Harmful Relationships</li> <li>• Effective Planning and Decision Making</li> <li>• Help and Support Services for Young People</li> <li>• Glossary: Managing Risky Situations</li> <li>• Spelling: Managing Risky Situations</li> <li>• Advanced Spelling: Managing Risky Situations</li> <li>• Topic Test: Managing Risky Situations</li> </ul>
Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices (ACPPS092)	<i>Not currently supported</i>

## Communicating and interacting for health and wellbeing

Content Descriptor	Lesson Names
Investigate how empathy and ethical decision making contribute to respectful relationships (ACPPS093)	<i>Respectful Relationships</i> <ul style="list-style-type: none"> <li>• Positive, Respectful Relationships</li> <li>• Maintaining Respectful and Inclusive Relationships</li> <li>• Influencing Healthy Relationships</li> <li>• Power in Relationships</li> <li>• Dealing with Challenging Situations</li> <li>• Online Safety</li> <li>• Points of View and Different Decisions</li> <li>• Discrimination</li> <li>• Appreciating Difference and Diversity</li> <li>• Glossary: Respectful Relationships</li> <li>• Spelling: Respectful Relationships</li> <li>• Advanced Spelling: Respectful Relationships</li> <li>• Topic Test: Respectful Relationships</li> </ul>
Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses (ACPPS094)	<i>Not currently supported</i>
Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)	<i>Health Information</i> <ul style="list-style-type: none"> <li>• Health Information Available to Young People</li> </ul>

## Contributing to healthy and active communities

Content Descriptor	Lesson Names
Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities (ACPPS096)	<i>Not currently supported</i>
Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural built environments (ACPPS097)	<i>Not currently supported</i>
Critique behaviours and contextual factors that influence health and wellbeing of diverse communities (ACPPS098)	<i>Not currently supported</i>