PDHPE Faculty Term 1 2020

During 7-10 PDHPE students take part in practical and theory based lessons each fortnight. During practical lessons students are expected to bring their sports uniform and runners to change into. For theory lessons, students work from booklets provided by the school. They are required to bring writing materials. The following outlines are a brief summary of the topics students are studying for Term 2 and 3 this year. Please be aware some content can be considered controversial. If you have further questions regarding DoE PDHPE Syllabus content please call the PDHPE staff at the school on 02 69 470600.

Year 7

Theory – Relationship

Students explore relationships, communication and personal problem solving through:

- appreciating family structures and support
- exploring influence of family and peers
- identifying factors within positive relationships
- recognising forms of abuse
- identify and describe positive and negative use of power and measures to adjust imbalances
- propose and develop strategies for personal safety
- recognise and respond to changes and challenges
- explore and develop interpersonal communication

Year 8

Theory – Consumer Health

In this unit students will:

- Review their own dietary habits and compare those to the recommended habits for young people using the Australian Guide to healthy eating
- Analyse lifestyle diseases and investigate the link between lifestyle diseases, diet and physical activity
- Recognise the cultural and social influences on food choices
- Design a weekly eating plan for a family, involving costing, variety and suitability
- Prepare a meal for a group

Year 9

Theory: Thrills and Spills

In this unit students will:

- Examine the consequences of alcohol use on the individual and the community
- Investigate marketing strategies and the influence of the media in relation to tobacco & alcohol use
- Examine effects of illicit drug use
- Make decisions related to their health and assess individual responsibility for health
- Propose strategies to reduce influences on decision making

Year 10

Theory: Performance Enhancing

Students will learn to enhance their performance in physical activity through:

- Participation in modified activities to promote safe participation and challenging situations
- Laboratory based work to apply mechanical principles to enhance performance
- Analysis of strategies to enhance enjoyment of physical activity
- Selecting and performing a variety of roles as they organise, manage and participate in physical activity
- Design of a sporting game

PDHPE Faculty Term 2 2020

Year 7

Theory: Risky Business

Students explore risk and personal safety by investigating:

- What is risk and what is a reasonable degree of risk?
- What factors influence risk taking behaviours?
- Assessment of risk and responding to risk situations
- Road safety
- Drug use, particularly tobacco, marijuana and prescription drugs

Year 8

Theory: Risks & Relationships

Students will:

- Analyse the influences and risks associated with young people's health, focusing on sexual health and drug issues.
- Develop and practise personal skills, eg. conflict resolution, assertive behaviour, problem-solving, refusal skills to respond to risk situations in various contexts sexual health, drug use and mental health.
- Examine factors influencing risk-taking behaviour and reflect on the potential harms from these actions.
- Recognise and practice seeking help and support in relation to drug use, bullying and sexual health issues relevant to them.

Year 9

Theory: Safe or Sorry

Students will:

- Learn about rights and responsibilities in relationships and sexual relationships
- Develop ground rules and boundaries when forming new relationships
- Identify and evaluate safe sexual health practices, including methods of contraception
- Investigate STI's and how to protect themselves from STI's
- Practice trust, talk, take control as a strategy for dealing with abusive situations

Year 10

Theory: Road Safety

In this unit students will:

- Investigate "what makes a good driver"
- Propose strategies to promote safe road use attitudes and behaviours
- Use simulation software & goggles to make health decisions and solve problems relevant to young people
- Investigate the consequences of unsafe road behaviour through examining statistics and articles relevant to young people.

This year, students will be completing the Road Safety unit utilising an independent learning model. This will allow students to complete both mandatory and self-chosen tasks using approaches most suitable to their learning styles.

PDHPE Faculty Term 3 2020

Year 7

Theory: Times are a changing

Students explore the dynamic nature of adolescence through:

- holistic nature of changes in adolescence (physical, social and emotional)
- identifying the influences on change
- identifying the challenges of change during adolescence
- develop conflict resolution skills
- developing resiliency skills and being able to identify situations where these are necessary
- explore and develop support networks

Year 8

Theory: Mental Health

Students will:

- Propose strategies to address misunderstandings about mental health problems and promote positive attitudes
- Examine their behaviours and language and recognise the potential impact of these on their own and others' mental health.
- Propose strategies to address misunderstandings about mental health problems and promote positive attitudes.
- Identify strategies for coping with loss and ways of giving support to others.
- Recognise forms of bullying and harassment, including sex-based harassment, and devise help-seeking strategies.
- Describe ways that they could help others who are being harassed, eg assist them to seek help, offer friendship.
- Propose and develop strategies to effectively manage personal safety

Year 9

Theory**: Getting to Know Others**

In this unit students will:

- Develop knowledge about the diversity of Australian society, an awareness and empathy for different groups.
- Become familiar with Anti-Discrimination Act and issues surrounding discrimination.
- Learn about valuing difference and diversity
- Recognise and challenge inequalities

Year 10

Theory: Mental Health

In this unit students will:

- Analyse how a positive sense of self can influence behaviour in social contexts relevant young people.
- Explore the relationship between school, leisure, work and employment, and a sense of self.
- Reflect on a past situation which has required change; identify difficulties encountered and personal characteristics and skills which assisted in dealing with this change.
- Examine case studies of people who have overcome adversity, including Aboriginal and other Indigenous people, and identify their characteristics and qualities.

Year 7 Science Topics

UNIT: ICE WATER STEAM STUFF

Students will learn about:

- The particle theory of matter.
- Effect of energy on different states of matter.
- The water cycle.

UNIT: MICRO MACRO ZOO

Students will learn about:

- The structures and functions of a cell.
- Identify the difference between plant and animal cells.
- Classify organisms into different groups and the importance of classification.
- Respiration and how it provides energy for the activities of cells.

UNIT: WHO SWITCHED ALL THAT ON?

Students will learn about:

- Electricity and energy transfer in a simple circuit.
- Construct and draw circuits containing a number of components.
- Behaviour of charged objects and magnets when they are brought together.
- Electrostatic force and investigate everyday situations where the effects of this forces can be observed.

UNIT: ECOSYSTEMS

Students will learn about:

- The structure of flowering plants.
- How organisms interact with each other in an ecosystem.
- How change in population of one organism affects the whole ecosystem.
- Human impacts on the environment and ecosystems.

UNIT: ALL MIXED UP

Students will learn about:

- The properties of matter.
- Differentiate between compounds and mixtures.
- The different processes involved separating mixtures.
- Application of a physical separation technique used in everyday situations or industrial processes.
- Properties and uses of some common elements, including metals and non-metals.

Year 8 Science Topics

UNIT: YOU'RE PUSHING IT

Students will learn about

- Everyday situations where forces cause changes
- The impacts of balanced and unbalanced forces
- Technological developments that have reduced the impact of forces on us, eg. car safety equipment
- Everyday examples of friction and factors that affect friction

UNIT: THE EARTH'S PLACE

Students will learn about

- How our knowledge of the solar system has developed
- How the relative positions of the Sun and Moon affect the Earth, eg. day and night, seasons and eclipses
- Gravity on Earth
- The difference between mass and weight

UNIT: NATURAL ENERGY

Students will learn about

- The different forms of energy
- The movement of heat in various states
- Energy transformations and transfers
- Developments in knowledge and technology that have improved energy efficiency

UNIT: HUMAN SYSTEMS

Students will learn about

- Cells, Tissues, Organs and Organ systems
- The roles of cell division
- The roles of various organ systems in the human body
- The impact of technological developments on human health and the human body

UNIT: ROCK ON WATER

Students will learn about

- The structure of the Earth
- The formation of different landforms
- Different types of rocks and the rock cycle
- Fossil formation
- The water cycle and our impacts on it.

UNIT: USING OUR RESOURCES

Students will learn about

- Renewable and non-renewable resources
- The impacts and choices involved in producing different resources
- Physical and chemical changes
- Carrying out chemical changes

Year 9 Science Topics

UNIT: ON THE MOVE

Students will learn about

- Measurements of time, distance, speed and acceleration
- The effects of different forces
- Newton's Laws of Motion
- Gravity as a force

UNIT: DYNAMIC EARTH

Students will learn about

- The structure of the Earth
- The theory of continental drift and the evidence behind the theory
- How interactions between plates lead to such phenomena as earthquakes, volcanoes and tsunamis and mountains
- The impact of natural events on mankind and our response to them

UNIT: THINK GLOBALLY, ACT LOCALLY

Students will learn about

- Cycles in natures
- Components of ecosystems
- Human impacts on the environment
- Balancing the needs of humans with long term sustainability

UNIT: THE ATOM

Students will learn about

- Atomic structure and how our understanding of it has changed
- The periodic table, its use and development
- How nuclear radiation occurs
- Uses and dangers of nuclear radiation

UNIT: SURFING THE WAVES

Students will learn about

- Types of waves and their features
- The transmission of sound
- How light waves are reflected, refracted and absorbed
- Uses of electromagnetic radiation in everyday life

UNIT: STAYING ALIVE

Students will learn about

- How different body systems work together
- How our bodies fight disease and infection
- How the organs in our reproductive systems work
- Impacts of technology on fighting diseases, and human reproduction.

Year 10 Science Topics

SEMESTER 1:
Chemical Detectives, during this topic students will learn about:

- The many chemical reactions seen in everyday life
- Completing a series of chemical reactions within the laboratory

Changing Genes, during this topic students will learn about:

- Genes, reproductive systems and inheritance
- Biotechnology (including the impacts of genetic engineering on society)
- The theory of Evolution

SEMESTER 2:
Science at Work, during this topic students will learn about:

- The correct scientific procedures to complete a successful first hand investigation
- Gain skills in working both individually and collaboratively
- Use research tools to improve their understanding of science concepts or phenomena

Mysterious Universe, during this topic students will learn about:

- The features and of the Universe
- Scientific theories for the origin of the Universe
- Technological advancement that have increased our understanding of the Universe
- The Big Bang theory

Bright Sparks, during this topic students will learn about:

- Using electricity safely
- Setting up of electrical circuits
- Measuring voltage, current and resistance
- Using electricity efficiently

HSIE

The Big History Project provides students with the opportunity to understand the unified history of the cosmos, Earth, life and Humanity. Students explore Big History through the following fundamental thresholds:

- **Threshold 1—Origins of Big Bang Cosmology**: The first threshold focuses on the creation of the Universe about 13.7 billion years ago.
- **Threshold 2—The First Stars and Galaxies:** The second threshold is the creation of the first complex objects, stars. The first stars appeared more than 12 billion years ago, quite soon after the creation of the Universe. Student also learn about the creation of chemical elements that allowed the formation of chemically complex entities.
- **Threshold 3—The Earth and the Solar System:** This threshold explores the creation of solar systems and Earth.
- **Threshold 4—Life:** Threshold four is the creation and evolution of life on Earth. The first evidence of life comes from about 3.8 billion years ago. This threshold also surveys the evolution of our own ancestors, from about 6 million years ago.
- **Threshold 5—Early Humans:** Threshold five is the creation of our own species, *Homo sapiens*, about 250,000 years ago. Students learn about the Palaeolithic era of human history. This era lasts until the appearance of agriculture, 10,000 to 11,000 years ago.
- **Threshold 6—Agriculture:** Threshold six is the emergence of agriculture and agricultural societies from about 11,000 years ago and introduces the Agrarian era of human history, the second of three major eras of human history.
- **Threshold 7—The Modern Revolution:** Threshold seven introduces the Modern era of human history. In this part of the course students discover the astonishing series of transformations that have created today's unified, complex world in just a few centuries.