

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">• Gender, Identity and Sexuality• The Physical, Social and Emotional Changes of Childhood• The Physical, Social and Emotional Changes of Adolescence• Changing Feelings• Personal and Cultural Identity• Managing Transitions and New Responsibilities• Staying Safe in a Sexual Relationship• Glossary: Transition and Change• Spelling: Transition and Change• Topic Test: Transition and Change
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">• Health Information Available to Young People• Health Services Available to Young People• Health and the Media• Peer and Family Relationships• Evolving Roles and Responsibilities• Managing Changes and Emotions• Strategies to Manage Evolving Roles and Responsibilities• Social Media, Technology and Strategies for Staying Safe• Body Image• Coping with Loss and Grief• Glossary: Managing Changes• Spelling: Managing Changes

	<ul style="list-style-type: none"> ● Advanced Spelling: Managing Changes ● Topic Test: Managing Changes
<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"> ● Healthy Relationships and Seeking Help ● Overcoming Barriers to Seeking Help ● Communication Techniques for Seeking Help ● Emotions and Decision-Making ● Help-Seeking Scenarios: Unsafe Situations ● Help-Seeking Scenarios: Challenge and Change ● Basic Principles of First Aid ● Glossary: Strategies for Seeking Help ● Spelling: Strategies to Seek Help ● Topic Test: Strategies to Seek Help
<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"> ● Being Healthy, Safe and Active ● Young People and Drug Use ● Communicating Health Concerns ● Drug Use and Decision Making ● Healthy Food Choices ● Exercise in Our Communities ● Making a Decision ● The Effect of Drugs ● Help-Seeking Scenarios: Unsafe Situations ● Decision Making ● Managing Stress - Case Study ● Understanding Stress ● Managing Stress ● What's on the Label? ● Improving the Nutritional Value of Meals ● Understanding Alcohol ● Celebrating Safely ● Exercise in Our Natural and Built Environments ● Road Safety ● Staying Safe in a Sexual Relationship ● Strategies for Being Safe Online

- 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"> ● Types of Relationships ● Bullying and Harassment ● Online Relationships ● Respectful, Inclusive and Equal Relationships ● Gender, Stereotypes and Relationships ● The Impact of Relationships on Our Behaviours and Actions ● Power in Relationships ● Communicating Within Relationships ● Spelling List: Relationships ● Advanced Spelling: Relationships ● Topic Test: Relationships
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"> ● Understanding Different Viewpoints ● Different Ways to Communicate ● Factors That Influence Our Emotions ● Managing Stress ● Glossary: Emotions, Empathy and Sensitivity ● Spelling: Emotions, Empathy and Sensitivity ● Topic Test: Emotions, Empathy and Sensitivity
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"> ● Health Information Available to Young People ● Health Services Available to Young People ● Communicating Health Concerns ● Glossary: Evaluating Health Information

- 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"> ● The Components of Health and Overall Wellbeing ● The Perceptions of Wellbeing in Your Community ● Healthy Food Choices ● An Apple a Day Keeps the Doctor Away ● The Connection of Mind, Body and Spirit ● Looking After Your Mental Health and Wellbeing ● Keeping the Bugs at Bay ● Your Place in the World ● The Connection of Wellbeing to Community and Place ● Glossary: Enhancing Health, Safety and Wellbeing in Communities ● Spelling: Enhancing Health, Safety and Wellbeing in Communities ● Advanced Spelling: Enhancing Health, Safety and Wellbeing in Communities ● Topic Test: Enhancing Health, Safety and Wellbeing in Communities ● Advanced Topic Test: Enhancing Health, Safety and Wellbeing in Communities
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"> ● Exercise in Our Natural and Built Environments ● Minimal Impact Outdoor Recreation ● The Impact of The Great Outdoors on Our Wellbeing ● Exercise in Our Communities ● The Connection to Country/Place ● Glossary: Promoting Health and Wellbeing in Communities ● Spelling: Promoting Health and Wellbeing in Communities ● Advanced Spelling: Promoting Health and Wellbeing in Communities ● Topic Test: Promoting Health and Wellbeing in Communities
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"> ● Family, Kinship, Health and Wellbeing ● Changing Societal Norms

- 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"> • Introduction: What is Identity? • Norms and Stereotypes • Representing Diversity and Gender • Gender Identities • Online Identities and Identity Online • Transitions to Adulthood • Representing Diversity and Gender • Glossary: Identities • Spelling: Identities • Advanced Spelling: Identities • Topic Test: Identities
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"> • Emergency Response and First Aid • Exercising Safely • Road Safety • Managing Bloody Situations • Responding to Risky Situations

	<ul style="list-style-type: none"> • Protective Strategies for Harmful Relationships • Effective Planning and Decision Making • Help and Support Services for Young People • Glossary: Managing Risky Situations • Spelling: Managing Risky Situations • Advanced Spelling: Managing Risky Situations • Topic Test: Managing Risky Situations
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"> • Positive, Respectful Relationships • Maintaining Respectful and Inclusive Relationships • Influencing Healthy Relationships • Power in Relationships • Dealing with Challenging Situations • Online Safety • Points of View and Different Decisions • Discrimination • Appreciating Difference and Diversity • Glossary: Respectful Relationships • Spelling: Respectful Relationships • Advanced Spelling: Respectful Relationships • Topic Test: Respectful Relationships
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"> • Health Information Available to Young People

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>