

# AC v9.0 EP Curriculum Map

## Y7-10 Health and Physical Education



### Years 7-8

## Personal, Social and Community Health

### 1. Identities and Change

Content Descriptor	EP Lessons
AC9HP8P01 analyse and reflect on the influence of values and beliefs on the development of identities	<p><b>1. Forming Identity</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Physical, Social &amp; Emotional Changes of Adolescence</a></li> <li>• <a href="#">Personal and Cultural Identity</a></li> <li>• <a href="#">Gender, Identity and Sexuality</a></li> <li>• <a href="#">Values, Beliefs and Discrimination</a></li> <li>• <a href="#">Changing Societal Norms</a></li> <li>• <a href="#">Challenging Stereotypes</a></li> <li>• <a href="#">Gender, Stereotypes and Relationships</a></li> <li>• <a href="#">Changing Feelings</a></li> <li>• <a href="#">Peer and Family Relationships</a></li> </ul> <p><b>2. Emotions and Changes</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Factors That Influence Our Emotions</a></li> <li>• <a href="#">Managing Changes and Emotions</a></li> <li>• <a href="#">Emotions and Decision-Making</a></li> <li>• <a href="#">Coping with Loss and Grief</a></li> <li>• <a href="#">Understanding Stress</a></li> <li>• <a href="#">Managing Stress</a></li> <li>• <a href="#">Managing Stress: Case Study</a></li> </ul> <p><b>3. Managing Transitions and Making Decisions</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Evolving Roles and Responsibilities</a></li> <li>• <a href="#">Managing Evolving Roles &amp; Responsibilities</a></li> <li>• <a href="#">Managing Transitions and New Responsibilities</a></li> <li>• <a href="#">Decision Making</a></li> <li>• <a href="#">Making a Decision</a></li> </ul> <p><b>4. Being Drug-Smart</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Understanding Alcohol</a></li> <li>• <a href="#">The Effect of Drugs</a></li> <li>• <a href="#">Young People and Drug Use</a></li> <li>• <a href="#">Drug Use and Decision Making</a></li> </ul> <p><b>5. Further Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Transition and Change: Glossary</a></li> <li>• <a href="#">Transition and Change: Spelling</a></li> <li>• <a href="#">Transition and Change: Topic Test</a></li> <li>• <a href="#">Managing Changes: Glossary</a></li> <li>• <a href="#">Managing Changes: Spelling</a></li> <li>• <a href="#">Managing Changes: Advanced Spelling</a></li> <li>• <a href="#">Managing Changes: Topic Test</a></li> </ul>
AC9HP8P02 analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes	
AC9HP8P03 examine how roles, decision-making, and levels of power, coercion and control within relationships can be influenced by gender stereotypes	



## 2. Interacting with Others

Content Descriptor	EP Lessons	
AC9HP8P04 examine the roles of respect, empathy, power and coercion in developing respectful relationships	<b>1. Communicating With Others</b> <ul style="list-style-type: none"><li>• <a href="#">Different Ways to Communicate</a></li><li>• <a href="#">Understanding Different Viewpoints</a></li><li>• <a href="#">Communication Techniques for Seeking Help</a></li><li>• <a href="#">Help-Seeking Scenarios: Unsafe Situations</a></li><li>• <a href="#">Help-Seeking Scenarios: Challenge and Change</a></li><li>• <a href="#">Overcoming Barriers to Seeking Help</a></li><li>• <a href="#">Bullying and Harassment</a></li><li>• <a href="#">Communicating Health Concerns</a></li></ul> <b>2. Relationships</b> <ul style="list-style-type: none"><li>• <a href="#">Types of Relationships</a></li><li>• <a href="#">Communicating Within Relationships</a></li><li>• <a href="#">Respectful, Inclusive and Equal Relationships</a></li><li>• <a href="#">Healthy Relationships and Seeking Help</a></li><li>• <a href="#">The Impact of Relationships on Our Behaviours and Actions</a></li><li>• <a href="#">Power in Relationships</a></li><li>• <a href="#">Staying Safe in a Sexual Relationship</a></li></ul>	<b>3. Being Safe Online</b> <ul style="list-style-type: none"><li>• <a href="#">Online Relationships</a></li><li>• <a href="#">Social Media, Technology and Strategies for Staying Safe</a></li><li>• <a href="#">Strategies for Being Safe Online</a></li><li>• <a href="#">Celebrating Safely</a></li></ul> <b>4. Further Resources</b> <ul style="list-style-type: none"><li>• <a href="#">Promoting Inclusivity in Communities: Spelling</a></li><li>• <a href="#">Promoting Inclusivity in Communities: Topic Test</a></li><li>• <a href="#">Relationships: Spelling List</a></li><li>• <a href="#">Relationships: Topic Test</a></li><li>• <a href="#">Emotions, Empathy and Sensitivity: Glossary</a></li></ul>
AC9HP8P05 investigate strategies that influence how communities value diversity and propose actions they can take to promote inclusion in their communities		
AC9HP8P06 analyse factors that influence emotional responses and devise strategies to self-manage emotions		
AC9HP8P07 explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consent		



### 3. Making Healthy and Safe Choices

Content Descriptor	EP Lessons	
AC9HP8P08 refine protective behaviours and evaluate community resources to seek help for themselves and others	<b>1. Understanding Health and Wellbeing</b> <ul style="list-style-type: none"><li>• <a href="#">Health Information Available to Young People</a></li><li>• <a href="#">Health Services Available to Young People</a></li><li>• <a href="#">Health and the Media</a></li><li>• <a href="#">Body Image</a></li><li>• <a href="#">Looking After Your Mental Health and Wellbeing</a></li></ul> <b>2. Wellbeing in Communities</b> <ul style="list-style-type: none"><li>• <a href="#">The Connection of Mind, Body and Spirit</a></li><li>• <a href="#">The Perceptions of Wellbeing in Your Community</a></li><li>• <a href="#">Family, Kinship, Health and Wellbeing</a></li><li>• <a href="#">Contextual Factors in Your Community</a></li><li>• <a href="#">Your Place in the World</a></li><li>• <a href="#">The Connection of Wellbeing to Community and Place</a></li><li>• <a href="#">The Connection to Country/Place</a></li></ul>	<b>3. Moving and Nourishing Our Body</b> <ul style="list-style-type: none"><li>• <a href="#">The Impact of The Great Outdoors on Our Wellbeing</a></li><li>• <a href="#">Exercise in Our Communities</a></li><li>• <a href="#">Healthy Food Choices</a></li><li>• <a href="#">What's on the Label?</a></li><li>• <a href="#">Improving the Nutritional Value of Meals</a></li><li>• <a href="#">Keeping the Bugs at Bay</a></li><li>• <a href="#">An Apple a Day Keeps the Doctor Away</a></li><li>• <a href="#">Being Healthy, Safe and Active</a></li></ul>
AC9HP8P09 investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeing		<b>4. Further Resources</b> <ul style="list-style-type: none"><li>• <a href="#">Enhancing Health, Safety and Wellbeing in Communities: Glossary</a></li><li>• <a href="#">Enhancing Health, Safety and Wellbeing in Communities: Spelling</a></li><li>• <a href="#">Enhancing Health, Safety and Wellbeing in Communities: Advanced Spelling</a></li><li>• <a href="#">Enhancing Health, Safety and Wellbeing in Communities: Topic Test</a></li><li>• <a href="#">Enhancing Health, Safety and Wellbeing in Communities: Advanced Topic Test</a></li><li>• <a href="#">Promoting Health, Safety and Wellbeing: Glossary</a></li><li>• <a href="#">Promoting Healthy, Safety and Wellbeing: Spelling</a></li><li>• <a href="#">Evaluating Health Information: Topic Test</a></li></ul>
AC9HP8P10 plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing		

# Years 9-10

## Personal, Social and Community Health

### 1. Identities and change

Content Descriptor	EP Lessons	
AC9HP10P01 analyse factors that shape identities and evaluate how individuals influence the identities of others	<b>1. Forming Identity</b> <ul style="list-style-type: none"> <li>• <a href="#">What is Identity?</a></li> <li>• <a href="#">Norms and Stereotypes</a></li> <li>• <a href="#">Gender Identities</a></li> <li>• <a href="#">Online Identities and Identity Online</a></li> <li>• <a href="#">Transitions to Adulthood</a></li> <li>• <a href="#">Identities: Glossary</a></li> <li>• <a href="#">Identities: Spelling</a></li> <li>• <a href="#">Identities: Advanced Spelling</a></li> <li>• <a href="#">Identities: Topic Test</a></li> </ul>	<b>2. Respecting Different Identities</b> <ul style="list-style-type: none"> <li>• <a href="#">Representing Diversity and Gender</a></li> <li>• <a href="#">Discrimination</a></li> <li>• <a href="#">Appreciating Difference and Diversity</a></li> </ul>
AC9HP10P02 refine, evaluate and adapt strategies for managing changes and transitions		
AC9HP10P03 investigate how gender equality and challenging assumptions about gender can prevent violence and abuse in relationships		



## 2. Interacting With Others

Content Descriptor	EP Lessons
AC9HP10P04 evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships	<ul style="list-style-type: none"><li>• <a href="#">Positive, Respectful Relationships</a></li><li>• <a href="#">Maintaining Respectful and Inclusive Relationships</a></li><li>• <a href="#">Influencing Healthy Relationships</a></li><li>• <a href="#">Dealing with Challenging Situations</a></li><li>• <a href="#">Points of View and Different Decisions</a></li><li>• <a href="#">Power in Relationships</a></li><li>• <a href="#">Protective Strategies for Harmful Relationships</a></li></ul> <ul style="list-style-type: none"><li>• <a href="#">Respectful Relationships: Glossary</a></li><li>• <a href="#">Respectful Relationships: Spelling</a></li><li>• <a href="#">Respectful Relationships: Advanced Spelling</a></li><li>• <a href="#">Respectful Relationships: Topic Test</a></li></ul>
AC9HP10P05 propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities	
AC9HP10P06 evaluate emotional responses in different situations to refine strategies for managing emotions	
AC9HP10P07 examine how strategies, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs can support the development of respectful relationships, including sexual relationships	

## 3. Making Healthy and Safe Choices

Content Descriptor	EP Lessons
AC9HP10P08 plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk	<ul style="list-style-type: none"><li>• <a href="#">Responding to Risky Situations</a></li><li>• <a href="#">Emergency Response and First Aid</a></li><li>• <a href="#">Managing Bloody Situations</a></li><li>• <a href="#">Online Safety</a></li><li>• <a href="#">Exercising Safely</a></li><li>• <a href="#">Road Safety</a></li><li>• <a href="#">Effective Planning and Decision Making</a></li></ul> <ul style="list-style-type: none"><li>• <a href="#">Health Information Available to Young People</a></li><li>• <a href="#">Help and Support Services for Young People</a></li><li>• <a href="#">Managing Risky Situations: Glossary</a></li><li>• <a href="#">Managing Risky Situations: Spelling</a></li><li>• <a href="#">Managing Risky Situations: Advanced Spelling</a></li><li>• <a href="#">Managing Risky Situations: Topic Test</a></li></ul>
AC9HP10P09 critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actions	
AC9HP10P10 plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing	