Subject | Stage 1 Health – Semester 2
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Teacher | Brittany Ross

**Course Content**

The course focuses on both individual health and the health of communities. The definition of health and the social view of health are discussed as well as other contemporary issues. Students focus on developing decision making skills to enhance wellbeing and develop resilience skills and positive attitudes towards creating healthy futures.

The course is divided into four main topics which will be studied:

- **Ways of defining health** - what is health, different aspects of health and how they integrate, self-esteem vs self-worth, work and life balance
- **The effects of alcohol, tobacco and other drugs on health** - safe partying, short and long term effects of drugs, the impact on community and society
- **Health and relationships** - sexuality, power in relationships, sexualisation and the media, safe sex
- **Health and participation in an active lifestyle** - eating healthy, wellbeing, exercise, body image, health in the media, community agencies

All capabilities, in particular *personal development, citizenship* and *learning* are embedded into the curriculum. Students focus on developing effective decision-making skills to develop positive management in physical and mental health and well-being. They learn life skills such as building positive relationships, resilience and positive attitudes towards active lifestyles for individuals and communities. Students will use *literacy skills* to correctly articulate knowledge and learning, to research facts and utilise spoken and written word form. When collating data and analysing data from primary sources *numeracy skills* will be required.

**Assessment**

Assessments enable students to demonstrate evidence of their learning individually and in groups using a range of modes that cater for students’ abilities and learning styles.

**Issues response:** Students investigate, evaluate and respond to a current health issue and an agency or organisation that deals with that issue. They reflect on their attitudes to the issue and on the values that influence those attitudes. Core concept covered: Ways of Defining Health

**Group activity:** Students work in groups to plan, organise and implement action on a local or community health issue. The choice topic is: *The Effects of Alcohol, Tobacco and other Drugs on the Health*

**Issues investigation:** Students are to investigate and analyse a current health issue impacting on personal and community health and wellbeing. The choice topics is: *Health and Relationships*

**Practical Activity:** Students demonstrate their understanding of the importance of healthy and active lifestyles by planning and implementing a Recreational Activity to promote healthy living. The choice topic is: *Health and Participation in an Active Lifestyle*