

Year 10 PDHPE

(Personal Development, Health & Physical Education)



Course Description

Personal Development, Health and Physical Education (PDHPE) contributes significantly to the cognitive, social, emotional, physical and spiritual development of students. It provides opportunities for students to learn about and practise ways of adopting and maintaining a healthy, productive and active life. It also involves students learning through movement experiences that are both challenging and enjoyable, and improving their capacity to move with skill and confidence in a variety of contexts. It promotes the value of physical activity in their lives.

Learning in PDHPE develops in students the knowledge and skills needed to understand and enhance their interactions and interpersonal relationships in ways that promote positive health and movement outcomes for themselves and others. Learning in PDHPE also significantly contributes to students' health and wellbeing through the development of personal values based on an understanding of ethical and spiritual considerations.

PDHPE provides the opportunity for young people to explore issues that are likely to impact on the health and wellbeing of themselves and others, now and in the future. The issues that affect young people include physical activity, mental health, drug use, sexual health, nutrition, supportive relationships, personal safety, gender roles and discrimination. Health issues that have the potential to appear in later life are also relevant due to their relationship to lifestyle patterns established in adolescent years and the possibility that they may impact on family and other significant adults in students' lives.

Course Components:

- Individual and community health;
- Self and relationships;
- Sexual health;
- Drug use;
- Road safety;
- Lifelong physical activity;
- Movement Skill and Performance.

Topic: Respectful relationships and sexual health

- Influences on health decision-making and risk behaviours;
- Empowering individuals and communities;
- Sexual health;
- Sex and peer pressure.

Topic: Understanding Risk and Minimising Harm.

- Drug use - Polydrug use, other illicit drugs and consequences of their use;
- Effects on relationships and communities;
- Alcohol and binge drinking.

Topic: Being Road Safe.

- Road safety;
- Responsible driver and passenger behaviour;
- Causal factors in road and other traffic-related injuries;
- Consequences of unsafe road-use behaviour;
- Skills, attitudes and behaviours that support safe road use.

Current Assessment Schedule:

NO.	TIME	TASK	COMPONENT	WEIGHT
1	Term 1 2017 Week 5	Design an awareness PowerPoint on a chosen S.T.I & work Portfolio	Relationships & Sexual health.	20%
2	Term 2 2017 Week 9	Create a Health promotion strategy on particular drug/drugs (Poster or brochure) & work Portfolio	Understanding & Minimising Harm.	20%
3	Term 3 2017 Week 9	Youth Health Promotion – multimedia task & work Portfolio	Being Road Safe.	20%
4	Term 4 2016 – Term 3 2017 (ongoing in-class assessment)	Skills application and fitness evaluation	- Movement Skill & Performance - Lifelong physical activity	40%
TOTAL:				100%