



Year 7 PDHPE (Personal Development, Health & Physical Education)

	Learning Unit 1	Learning Unit 2	Learning Unit 3	Learning Unit 4
Name of unit:	Facing new challenges	Bullying and relationships	Nutrition and keeping fit	Aquatic and first aid
Theory overview:	Introduction to new Challenges students face in high school as young teenagers	Types of bullying; reporting; assertiveness; saying no	Dimensions of health; FITT principal; food groups; healthy eating options; packing your own lunch	Basic lifesaving skills; basic level first aid; demonstration of CPR; water safety at pool and beach and home
Practical overview:	Term 1: Movement skills; newcombe ball/volleyball skill building; athletics; Basketball skill building;	Term 2: Indoor soccer and Hockey = skill building/game sense/strategies;	Term 3: Euro handball = skill building/game sense/strategies; Also Indigenous games	Term 4: touch football = skill building/game sense/strategies;
Estimated timeframe:	Week 1 – 8 Term 1	Week 8 Term 1 to week 6 Term 2	Week 7 Term 2 to week 8 Term 3	Week 1 Term 4 to week 5 Term 4.
Formal assessment(s):	Book work	Bullying research task – presented in a collage	Fitness testing in PE Healthy food options PD recording own intake and analysing	Water based assessment at Canterbury pools
Estimated due date of assessment:		Week in class	Week 4 Term 3 food analysis Week 5 Term 3 Fitness testing	Swim school week TBA Term 4

The NSW syllabuses can be viewed at: <http://syllabus.nesa.nsw.edu.au/>