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

<table>
<thead>
<tr>
<th>Learning Unit 1</th>
<th>Learning Unit 2</th>
<th>Learning Unit 3</th>
<th>Learning Unit 4</th>
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<tbody>
<tr>
<td><strong>Name of unit:</strong></td>
<td>Facing new challenges</td>
<td>Bullying and relationships</td>
<td>Nutrition and keeping fit</td>
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<td><strong>Theory overview:</strong></td>
<td>Introduction to new Challenges students face in high school as young teenagers</td>
<td>Types of bullying; reporting; assertiveness; saying no</td>
<td>Dimensions of health; FITT principal; food groups; healthy eating options; packing your own lunch</td>
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<td><strong>Practical overview:</strong></td>
<td>Term 1: Movement skills; newcombe ball/volleyball skill building; athletics; Basketball skill building;</td>
<td>Term 2: Indoor soccer and Hockey = skill building/game sense/strategies;</td>
<td>Term 3: Euro handball = skill building/game sense/strategies; Also Indigenous games</td>
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<td><strong>Estimated timeframe:</strong></td>
<td>Week 1 – 8 Term 1</td>
<td>Week 8 Term 1 to week 6 Term 2</td>
<td>Week 7 Term 2 to week 8 Term 3</td>
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<td><strong>Formal assessment(s):</strong></td>
<td>Book work</td>
<td>Bullying research task – presented in a collage</td>
<td>Fitness testing in PE Healthy food options PD recording own intake and analysing</td>
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<td><strong>Estimated due date of assessment:</strong></td>
<td>Week in class</td>
<td>Week 4 Term 3 food analysis Week 5 Term 3 Fitness testing</td>
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The NSW syllabuses can be viewed at: [http://syllabus.nesa.nsw.edu.au/](http://syllabus.nesa.nsw.edu.au/)