



Year 9 PDHPE (Personal Development, Health & Physical Education)

	Learning Unit 1	Learning Unit 2	Learning Unit 3	Learning Unit 4
Name of unit:	Lifestyle Diseases	Healthy Mind Healthy Body	Diversity and Discrimination	Movement skill and performance
Theory overview:	Students analyse attitudes, behaviors and consequences related to health issues affecting young people. They also explore influences on health decision-making and develop strategies to promote health and safe behaviours.	Students explore a range of mental illnesses including their causes, treatments, signs and symptoms. They develop strategies to enhance health and wellbeing and explore the links between a healthy mind and health body.	This unit focuses on how to develop and maintain equal and respectful relationships. Students will also examine and clarify personal values, challenge negative community attitudes related to diversity and investigate the impact of discrimination, harassment, violence and vilification.	
Practical overview:		Students will participate in a range of physical activities that can aid in achieving physical and mental wellbeing and aid in overcoming stress.		Students will learn to adapt, transfer and improvise movement skills and concepts to improve performance. Students will also perform and appraise movement in a variety of challenging contexts
Estimated timeframe:	Week 6 Term 4 to Week 10 Term 1	Week 1 Term 2 to Week 5 Term 3	Week 6 Term 3 to Week 5 Term 4	Week 6 Term 4 to Week 5 Term 4
Formal assessment(s):	Students create a multimedia presentation and interactive lesson on a chosen lifestyle disease.	Students research two mental illnesses and write a report on their findings.	PowerPoint Presentation on Diversity and Discrimination	Students must demonstrate that they can engage successfully in a wide range of movement situations and confidently use movement to satisfy personal needs and interests
Estimated due date of assessment:	Week 8 of Term 1	Week 9 of Term 2	Week 10 of Term 3	Ongoing during practical lessons.

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