

Year 9 Health Overview 2011.

One Term course - 3 lessons per week

	Wellbeing	Nutrition	Sexuality Education
Unit Focus	Acceptance & Decision Making	Making Healthy Choices	Conception & Contraception
Lesson 1	Introduction to Health, Units and Goal Setting	Nutrition intro, reasons for healthy eating & Diabetes	Ground rules. Puberty recap – how the body changes during puberty
Lesson 2	Wellbeing. The 4 dimensions and links	The four main food groups	Anatomy & Reproductive System – Female (internal & external)
Lesson 3	Personal Identity & Uniqueness	Breakfast, Lunch and Snacks	Anatomy & Reproductive System – Male (internal & external)
Lesson 4	Self Esteem	Label Reading	Conception, Abstinence, Contraception (different types)
Lesson 5	Stereotyping	Takeaways	Contraception & STI's.
Lesson 6	Harassment, bullying, put downs, peer pressure.	Activ8 – keeping active and healthy eating	Friends & Relationships. Dealing with situations
Lesson 7	Harassment Role Plays. Scenarios and strategies to cope		Jeopardy Quiz
Lesson 8	Friendships		Unit Summing up and group quiz
Lesson 9	Actions & Consequences		
Lesson 10	Disabilities Awareness		
Lesson 11	Disabilities Awareness		