

Year 10 Health Overview 2011

Lesson	Term 1	Term 2	Term 3	Term 4
1	Intro to Health & Water Safety basics (identifying a rip)	Sexuality Education – Anatomy Recap (male & female, internal & external)	Cross Country – effects of exercise	Body Safe – taught by outside educators (Body Safe Team from Rape Crisis Auckland)
2	Water safety - How to get out of rips	Sexuality – Abstinence and Contraception	Cross Country - Sports Nutrition	Body Safe
3	Water safety - River safety	Sexuality – PSSP session 1	Subject options – choosing subjects for possible careers	Body Safe
4	First Aid - Defining First Aid and Approaching and accident scene	Sexuality – PSSP session 2	Body Image – Influences on Body Image.	Lesson catch up
5	First Aid – Categories of injury and basic bandaging	Sexuality – Discussing contraception and abstinence	Body Image – What affects Body Image?	
6	First Aid - accident/injury scenarios and peer assessment task	Sexuality – STI's	Body Image – How does media imagery make us feel?	
7	Alcohol – The law	Sexuality – Healthy Relationships	Body Image – Dangers of dieting and body satisfaction	Final lesson – fun quiz
8	Alcohol – What is a standard drink?	Sexuality – Recap of all issues covered	Body Image – Recap, catch up and assessment task	
9	Alcohol - Alcohol and your wellbeing	Harassment – What is harassment?	Drugs - Marijuana	
10	Alcohol – Decision making	Harassment – Internet safety	Drugs - Methamphetamine	
11	Alcohol – Intoxication & keeping yourself safe. Unit Test	Cross Country - fitness components	Drugs – Party Pills	