

Mt Roskill Grammar School Year 9 Health Curriculum

	Content
Unit 1 “Let’s Celebrate Me”	<ul style="list-style-type: none"> - Hauora/Wellbeing (4 dimensions) - PIPS (the socio-eco perspective) - Resilience ; Risk & Protective Factors and strategies to help someone to be resilient - Generic Health Model - Investigate how people are unique and how to celebrate this - Investigate stereotyping
Unit 2 “Interpersonal Skills”	<ul style="list-style-type: none"> - Investigate why interpersonal skills are important within life - Look at verbal and non- verbal communication and how these are both important. - Perform role plays to encourage good forms of communication - Investigate bullying and how communication and strategies can help with this issue.
Unit 3 “Caring for Ourselves”	<ul style="list-style-type: none"> - Nutrition – good food choices for the well-being vs poor food choices. - Food choices and the relationship to the dimensions of Hauora. - Nutrition health issues - Strategies for health issues are minimised and improved. SEXUALITY - Recap puberty – internal reproductive systems and look at menstruation and how this plays a role in conception - Look at strategies that could help with puberty and enhance self-esteem. - Conception - Different types of relationships - Investigate the attitudes & values, beliefs, cultures around sexuality - Sexual orientation and gender identity

Term Theme	Learning Intentions <i>This Unit students will....</i>	Success Criteria <i>By the end of this unit a student should/will....</i>
Term 1 “Let’s celebrate me”	<ul style="list-style-type: none"> Identify and describe the 4 dimensions of wellbeing and be able to inter-relate them to show how they positively or negatively affect wellbeing Investigate why and how they are Unique and how to celebrate this. Investigate stereotyping and how this can be detrimental to a person’s well-being. Gain an understanding of what resilience is – definitions Be able to apply resilience situations/scenarios to their own and other lives Analyse a character in a movie. Identifying the risk and protective factors and strategies that the character puts into place to help them be resilient. Gain knowledge of the Generic Health Model 	<ul style="list-style-type: none"> Recognise how multiple dimensions of wellbeing can affect a person and apply strategies to enhance wellbeing Be able to identify how they are unique and look at how to celebrate this individually and as a group. To identify why people stereotype and how we can stop doing this to ensure well-being is enhanced in society. Understand the terms “Resilience”. Recognise Risk and Protective Factors and be able to identify several for particular adolescent health issues and within their own lives Have an understanding of the “Sociological perspective”(PIPS- personal / interpersonal/ societal) and identify it within scenarios
Unit 2 “Interpersonal Skills”	<ul style="list-style-type: none"> To recognise the importance of non-verbal and verbal communication and how this helps at a Personal, interpersonal and Societal level Investigate scenarios of bullying and look at how strategies need to be put into place to stop this from happening. 	<ul style="list-style-type: none"> To be able to demonstrate good forms of communication To identify and apply strategies that are necessary to help with communication and apply in a given situation.
Unit 3 “Caring for Ourselves”	<ul style="list-style-type: none"> To investigate nutrition health issues in New Zealand To look at what influences these nutrition issues To look at strategies to enhance well-being and minimize these nutrition health issues. <ul style="list-style-type: none"> Recap puberty Look at strategies that could help enhance well-being whilst experiences changes in the body. Gain an understanding of the male and female reproductive systems Look at how conception works 	<ul style="list-style-type: none"> Recognise the effects that eating a poor diet has at the personal, interpersonal and societal level. Have considered their own food choices and the consequences this will have on their body Recognise what influences an individual’s food choices. Knowledge of research skills, using the internet to gather information, data and evidence and how to APA reference to a basic level Identify recommendations and strategies and how these would work within the Mount Roskill community. Present their knowledge to the class through some form of communication. <ul style="list-style-type: none"> Know the strategies that could be put into place to enhance well-being throughout puberty. Know how the reproductive system works and be able to explain the pathway of female eggs and male sperm and the changes to the system that occur during puberty.

	<ul style="list-style-type: none">• Consider the attitudes, values and beliefs of various groups and cultures and how this plays an important role sexuality in society	<ul style="list-style-type: none">• Recognise the importance of culture, ethnicity, religion and personal values and beliefs in regards to sexuality• Recognise that we are all unique and there are differences within society.
--	---	---