

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.
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