Health Education

Year 10 Core subject — one semester

The Health Education (HEA) course provides students with a strengths-based inquiry of the various determinants that create and promote lifelong health. Students will use conceptual frameworks, models and approaches to critically analyse and apply health information in order to propose strategies to optimise their own and others’ health. Students will work both independently and collaboratively to plan, evaluate and reflect on action strategies that promote health. Throughout the Semester course, students engage in a Risky Decisions unit that explores adolescent risk and decision making and a Respectful Relationships unit that explores the characteristics and behaviours of respectful relationships. Throughout both of the units, students investigate the personal, social and community resources available for individuals and groups.

Assessment

<table>
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<tr>
<th>Risky Decisions</th>
<th>Respectful Relationships</th>
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<tbody>
<tr>
<td>Personal, Social and Community Health</td>
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<td>Mode: Written</td>
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<td>Conditions: Supervised — 10 minutes planning and 60 minutes writing time 400–600 words each essay</td>
<td>Conditions: Open — 600–800 words</td>
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<tr>
<td>Technique: Two Extended Response Essays</td>
<td>Technique: Analytical Essay</td>
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Prerequisites/Recommendations for Success

Students will continually access both primary and secondary research, to investigate sustainable health change at personal and peer levels using an inquiry approach. Due to the literacy demands of the course, it is recommended that students should receive a C result or higher in Year 9 English.

Note that there is no Movement and Physical Activity component in this course.

Requirements/Resources

*Jacaranda Health & Physical Education 9 & 10* is included in the Jacaranda Digital Bundle subscription, purchased upon enrolment at BrisbaneSDE.

Students will also require:

- reliable internet access is essential
- approved exam supervisor is mandatory for the completion of the supervised assessment
- Microsoft Office
- digital camera/device
- computer headset with microphone.