



## Year 9

### *Year Level Description*

In the middle adolescence phase of schooling, teaching and learning programs encourage students to develop an open and questioning view of themselves as active participants in their society and the world.

Health and Physical Education provides opportunities for students to refine their understanding of how they can contribute to individual and community health and wellbeing. Students have frequent opportunities to participate in physical activities, including in outdoor settings, to value the importance of active recreation as a way of enhancing their health and wellbeing throughout their lives.

In Year 9, students take into consideration the influence of external factors on their ability to make safe and informed choices, which may impact their capacity to achieve a healthy lifestyle. They continue to develop knowledge, skills and understandings in relation to respectful relationships, with a focus on skills that promote positive interactions and resolving conflict. Students examine effective strategies that may be implemented in situations where the giving or denying of consent is required.

Students focus on elements of speed and accuracy in different movement environments, while continuing to develop the efficiency of movement skills. They explore ways to evaluate performances, through analysis of skills and movement, and measure a number of the body's responses to physical activities. They transfer previous knowledge of outcomes in movement situations to inform and refine skills, strategies and tactics to maximise success. Opportunities are provided for students to refine and consolidate skills and strategies for effective leadership and teamwork, and consistently apply ethical behaviour across a range of movement contexts.

### *Content Descriptions*

## Personal, social and community health

### Personal identity and change

Factors that shape personal identities and adolescent health behaviours

**For example:**

WA9HEHPP1

**Personal and social capability**

Strategies for managing changes and transitions

**For example:**

WA9HEHPP2

**Critical and creative thinking**      **Personal and social capability**

### Staying safe

Skills to determine the appropriateness and reliability of online health information

**For example:**

WA9HEHPS1

**Literacy**      **Critical and creative thinking**

Skills to deal with challenging or unsafe situations:

- refusal skills
- initiating contingency plans
- acting assertively

**For example:**

WA9HEHPS2

**Critical and creative thinking**      **Personal and social capability**

Actions and strategies to enhance health and wellbeing in a range of environments

**For example:**

- the use of complementary health practices to support and promote good health
- responding to emergency situations to administer first aid, such as Danger, Response, Send, Airway, Breathing, Compression, Defibrillation (DRSABCD)
- identifying and managing unsafe situations
- safe blood practices

WA9HEHPS3

### Critical and creative thinking      Personal and social capability

Strategies are examined, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs that can support the development of respectful relationships, including sexual relationships

#### For example:

- describing strategies that enhance the safety and wellbeing of sexual partners, such as communicating feelings of each party, respecting boundaries and choices, gaining affirmative consent, assertive communication and respecting individuals' rights
- investigating the Western Australian legal requirements in relation to seeking, giving, refusing and accepting the refusal of consent, and considering how these laws relate to relationships with friends, colleagues, strangers and intimate partners, in both online and offline interactions

WA9HEHPS4

### Critical and creative thinking      Ethical understanding

## Healthy and active communities

Impact of external influences on the ability of adolescents to make safe and informed choices relating to:

- sexual health behaviours
- alcohol, drugs or other harmful substance use
- risk-taking

#### For example:

WA9HEHPH1

### Critical and creative thinking      Personal and social capability

Implications of attitudes and behaviours on individuals and the community

#### For example:

- prejudice
- marginalisation
- homophobia
- discrimination

WA9HEHPH2

### Personal and social capability

## Interacting with others

Characteristics of respectful relationships and how these can prevent violence and abuse

#### For example:

- respecting the rights and responsibilities of individuals in the relationship
- communication
- respecting gender equality
- respecting personal differences and opinions
- empathy

WA9HEHPH1

### Critical and creative thinking      Personal and social capability

Managing emotional responses and resolving conflict in family or social situations

#### For example:

- coping with rejection
- negotiation skills

WA9HEHPH2

### Personal and social capability      Intercultural understanding

## Movement and physical activity

### Movement skills

Movement skills and sequences within different physical activity contexts and settings reflecting:

- increased speed and accuracy
- improved efficiency
- increased complexity

#### For example:

WA9HEPMM1

### Critical and creative thinking      Personal and social capability

Skills, strategies and tactics in new or challenging movement situations and the impact of each on movement outcomes

**For example:**

WA9HEPMM2

**Critical and creative thinking**

Lifelong physical activities to enhance health, fitness and wellbeing, including moving in natural environments

**For example:**

WA9HEPMM3

**Critical and creative thinking      Personal and social capability**

## **Understanding movement**

Measurement of the body's response to physical activity:

- flexibility
- strength
- balance
- endurance

**For example:**

WA9HEPMU1

**Numeracy      Critical and creative thinking**

Use of games, recreational activities and outdoor pursuits to improve components of health, fitness and wellbeing

**For example:**

WA9HEPMU2

**Critical and creative thinking      Personal and social capability**

## **Interpersonal skills**

Skills and strategies for effective leadership, including teamwork and motivation

**For example:**

- setting goals
- establishing roles
- communication
- time management

WA9HEPMI1

**Personal and social capability**

Characteristics of fair play and application of fair and ethical behaviour in physical activity

**For example:**

WA9HEPMI2

**Personal and social capability      Ethical understanding**

Strategies for decision-making when working in groups or teams that demonstrate leadership and collaboration skills

**For example:**

WA9HEPMI3

**Critical and creative thinking      Personal and social capability**