



## Year 7

### *Year Level Description*

In the early adolescence phase of schooling, students align with their peer group and begin to question established conventions, practices and values. Learning and teaching programs assist students to develop a broader and more comprehensive understanding of the contexts of their lives and the world in which they live.

Health and Physical Education provides opportunities for students to build on their prior learning. A major influence on students during this time is the world around them, and their peers become a key source of motivation and support when managing their health and wellbeing.

In Year 7, students develop strategies to manage the physical, emotional and social changes associated with transitions and puberty. They learn how to make decisions and take positive action to promote their health, safety and wellbeing by applying problem-solving and effective communication skills, and through a range of preventive health practices. Students develop effective communication skills when consent is required to be given or denied.

Students continue to develop and refine movement skills and focus on developing tactical thinking skills in a range of contexts and applying them to a range of physical activities. They have opportunities to analyse their performance using feedback to improve body control and coordination. They learn about the types of activities that enhance aspects of fitness and wellbeing. The application of fair play and ethical behaviour continues to be a focus for students as they consider how communication skills can assist with improving group cohesion.

### *Content Descriptions*

## Personal, social and community health

### Personal identity and change

Feelings, emotions and cultural beliefs and values associated with transitions; practising self-talk and help-seeking strategies to manage these changes

#### **For example:**

WA7HEHPP1

#### Personal and social capability

Ways to manage physical, emotional, and social changes associated with puberty

#### **For example:**

- coping skills
- communication skills
- problem-solving skills and strategies
- changing friendships/families

WA7HEHPP2

Critical and creative thinking      Personal and social capability

### Staying safe

Health information, services and help-seeking strategies that young people can use in a variety of situations

#### **For example:**

WA7HEHPS1

Literacy      Critical and creative thinking

Protective behaviours and help-seeking strategies to ensure safety in a variety of situations, including online

#### **For example:**

- assertive responses
- refusal skills

WA7HEHPS2

Critical and creative thinking      Digital literacy

Strategies to make informed choices to promote health, safety and wellbeing

#### **For example:**

- proposing alternatives to traditional medicine

- demonstrating basic first aid in medical circumstances, such as asthma, allergies and anaphylaxis

WA7HEHPS3

### Critical and creative thinking      Personal and social capability

Strategies and skills to communicate assertively when seeking, giving or denying consent are explained and applied

#### For example:

- exploring assertive and respectful communication
- understanding and applying online and social protocols to enhance relationships with others and protect own wellbeing, including recognising and responding to online content that may be harmful to self or others, such as grooming or image-based abuse, and respectfully communicating needs or concerns to others

WA7HEHPS4

### Personal and social capability      Ethical understanding

## Healthy and active communities

Strategies to make informed choices to promote health and wellbeing

#### For example:

- researching nutritious meals
- examining accessible physical activity options
- examining messages portrayed by the media and influential people

WA7HEHPH1

### Literacy      Critical and creative thinking

Preventive health practices for young people to avoid and manage risk

#### For example:

- sun-protective behaviours
- adoption of the Australian Guide to Healthy Eating
- application of road safety laws and guidelines

WA7HEHPH2

### Critical and creative thinking      Personal and social capability

Health and social benefits of physical activity and recreational pursuits

#### For example:

WA7HEHPH3

### Personal and social capability

Ways in which the media and influential people impact attitudes, beliefs, decisions and behaviours

#### For example:

- television advertising

WA7HEHPH4

### Literacy      Critical and creative thinking

## Interacting with others

Impact of relationships on a person's wellbeing

#### For example:

- the benefits of respectful relationships and the roles of respect, empathy, power and coercion in relationships
- the influence of family and peers
- applying online and social protocols to enhance relationships

WA7HEHPI1

### Personal and social capability

Ways in which decision-making, respect and empathy in developing respectful relationships can be influenced by gender stereotypes

#### For example:

WA7HEHPI2

### Personal and social capability      Ethical understanding

Factors that influence emotional responses and behaviour

#### For example:

- personal experience
- considering alternative ways to respond to situations, including showing empathy
- self-management strategies to regulate emotions

WA7HEHPI3

### Critical and creative thinking      Personal and social capability

# Movement and physical activity

## Movement skills

Movement skills and sequences within different physical activity contexts and settings

**For example:**

WA7HEPMM1

Critical and creative thinking      Personal and social capability

Strategic and tactical skills used to create and use space through the manipulation of effort, space, time, objects and people

**For example:**

WA7HEPMM2

Critical and creative thinking

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

**For example:**

WA7HEPMM3

Critical and creative thinking      Personal and social capability

## Understanding movement

Impact of regular participation in physical activities on health, fitness and wellbeing

**For example:**

WA7HEPMU1

Critical and creative thinking

Strategies to increase physical activity levels

**For example:**

- games
- recreational activities
- outdoor pursuits

WA7HEPMU2

Critical and creative thinking      Personal and social capability

## Interpersonal skills

Communication skills that support and enhance:

- group and team cohesion
- leadership
- inclusion

**For example:**

WA7HEPMI1

Personal and social capability

Ethical behaviour and fair play when participating in physical activities

**For example:**

WA7HEPMI2

Personal and social capability      Ethical understanding