

Year 7 Lifeskills: Semester Two 2018

Week	Topic	Learning Focus	Health Understanding
1 - 2	Individual learning Plans	Using data gathered over Term 2, students will complete their ILP's	Investigate how the use of a range of learning strategies can be monitored, evaluated and re-directed as necessary (VCCCTM052)
3 - 4	Physical changes associated with puberty	Students will explore what puberty is, and why and how it happens	Investigate the impact of transition and change on identities (VCHPEP123)
5	Social and Emotional changes associated with puberty	Students will discuss how relationships, moods, feelings, and behaviours may change during adolescence	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
6 - 7	Dealing with the changes associated with puberty	Students will discuss areas such as wet dreams and periods, and how to deal with potentially embarrassing moments.	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
8 - 9	Question Box	Student will review puberty and associated changes, filling in gaps in their understanding.	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
10	ILP Review	Students will review their ILP developed earlier in the year, with regard to achievements, anything that is blocking their goals, and develop new goals where appropriate.	Investigate how the use of a range of learning strategies can be monitored, evaluated and re-directed as necessary (VCCCTM052)
12 - 13	Dealing with expectations and peer pressure	Students will identify expectations that different people have of them, noting conflicting expectations, and identify ways of dealing with them	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
14 - 15	Identifying positive values and aspirations for the future	Student will identify qualities they value in others, consider what they want for the future, and become familiar with a range of character strengths that can be used to deal with challenging situations	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
16 - 17	The effects of cigarettes on the body	Students will consider the changing patterns of cigarettes smoking over time and develop skills to deal with situations that may involve pressure to smoke	Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)

18	The effects of alcohol and pressures associated with it	Students will develop their knowledge of different forms of alcohol, and consider the risks associated with drinking alcohol	Examine barriers to seeking support and evaluate strategies to overcome these(VCHPEP125)
19	Assertion and negotiation skills	Students will practise assertion skills to keep themselves safe, and rehearse ways to support their friends.	Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)
20	Revision of information over the term / ILP Review	Students will work in teams to complete a quiz to revise areas considered this term. Students will also review their achievement on their ILP this semester.	Investigate and select strategies to promote health, safety and wellbeing(VCHPEP126)