

## Stage 4 Content Mapping Grids

### Strand 1: Self and relationships

Outcomes and content		Year 7 units										Year 8 units									
Students learn about:		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
4.1	a sense of self							✓													
	adolescence and change							✓													
4.2	changes and challenges							✓													
	connectedness		✓					✓							✓				✓		
	interpersonal communication		✓										✓								
	seeking help		✓																✓		
4.3	types and nature of relationships							✓													
	Caring & respectful relationships		✓					✓					✓								
	recognising abuse							✓													
	power in relationships		✓					✓					✓								
	bullying and harassment		✓																		
	protective strategies									✓					✓						

### Strand 2: Movement skill and performance

Outcomes and content		Year 7 units										Year 8 units									
Students learn about:		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
4.4	types of movement skills			✓										✓		✓	✓				
	aspects of movement skill development			✓			✓		✓					✓		✓	✓			✓	
	influences on skill development and performance			✓		✓			✓					✓		✓				✓	
	contexts for specialised movement skills						✓		✓	✓		✓				✓	✓	✓		✓	
4.5	the features of movement composition								✓							✓	✓				
	the elements of movement composition								✓								✓				

### Strand 3: Individual and community health

Outcomes and content		Year 7 units										Year 8 units									
Students learn about:		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
4.6	the nature of health	✓																✓	✓		
	factors that affect health				✓														✓		
	mental health																		✓		
	healthy food habits				✓													✓	✓		
	drug use				✓										✓				✓		
	sexual health														✓				✓		
	road safety									✓									✓		
4.7	exploring risk									✓					✓						
	strategies to minimise harm									✓			✓		✓						
	personal safety									✓											
4.8	accessing health information, products and services				✓										✓						
	assessing health information, products and services				✓										✓						

### Strand 4: Lifelong physical activity

Outcomes and content		Year 7 units										Year 8 units									
Students learn about:		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
4.9	components of a balanced lifestyle	✓																			
	personal benefits of participation in physical activity	✓			✓																
	physical activity levels				✓							✓						✓	✓		
4.10	lifelong physical activities	✓				✓										✓		✓		✓	
	health-related components of fitness											✓					✓				
	skill-related components of fitness											✓					✓				

## Stage 5 Content Mapping Grids

## Strand 1: Self and relationships

Outcomes and content		Year 9 units										Year 10 units									
Students learn about:		1	2	3	4	5	6					1	2	3	4	5	6	7			
5.1	the interdependence between a sense of self and health and wellbeing	✓														✓					
	supporting yourself	✓					✓						✓								
	supporting others	✓			✓		✓						✓								
5.2	challenges and opportunities	✓					✓									✓					
	strengthening resiliency	✓					✓														
5.3	developing equal and respectful relationships	✓																			
	recognising and responding to abusive situations	✓																			
	affirming diversity	✓					✓														
	discrimination, harassment and vilification						✓									✓					

## Strand 2: Movement skill and performance

[illegible]

### Strand 3: Individual and community health

Outcomes and content		Year 9 units										Year 10 units									
Students learn about:		1	2	3	4	5	6					1	2	3	4	5	6	7			
5.6	mental health		✓										✓								
	healthy food habits		✓																		
	drug use	✓			✓								✓								
	sexual health	✓											✓								
	road safety	✓											✓								
5.7	influences on health decision-making and risk behaviours				✓								✓								
	empowering individuals and communities			✓	✓		✓														
5.8	health consumerism		✓		✓																
	the nature of health knowledge		✓																		
	factors influencing access to health information, products and services		✓																		

### Strand 4: Lifelong physical activity

Outcomes and content		Year 9 units										Year 10 units									
Students learn about:		1	2	3	4	5	6					1	2	3	4	5	6	7			
5.9	lifelong physical activities	✓	✓				✓					✓			✓		✓	✓			
	planning for regular physical activity	✓										✓						✓			
5.10	roles in physical activity		✓									✓						✓			
	strategies for enhancing others' enjoyment of and participation in physical activity	✓	✓									✓						✓			