Term 1
“Think Before You Act”

Topics covered:
- Personal values
- Attitudes to sex
- Sexual health
- Healthy behaviours
- Gender expectations
- Stereotypes
- Health services
- Abstinence
- Individual power
- Contraception
- Communication

Term 2
“Life in the Slow Lane”

Topics covered:
- Health decisions
- Risk behaviours
- Illicit drugs
- Short & long term consequences
- Reasons why
- Influences that impact drug use
- Staying safe
- Protective strategies
- Marketing strategies
- Decision-making

Term 3
“The Balancing Act”

Topics covered:
- Positive self image
- Factors affecting our self image
- How thoughts affect feelings
- Impact of stress
- Personal power
- Conflict & cooperation
- Recognise & respond to abuse
- Affirming diversity

Term 4
“Lean on Me”

Topics covered:
- Strengthening resiliency
- Overcoming adversity
- Enjoyment in activities
- Roles in physical activities
- Event planning for participation
- Personal action plan

Physical Education & Sport

Topics covered:
- Gymnastics, Fitness, Athletics, Dance, Volleyball, Netball, Soccer, Flag Football / Gridiron, and Recreational Sports in the community.