

PDHPE Theory Outline: Year 7

Term	Week	Unit of Work	Key Concepts	Class Tasks and Homework	Assessments
1	1 - 3	Me Myself & I in a New School	<ul style="list-style-type: none"> • Changes and challenges • A sense of self 		Letter to year 6 and magazine article
	3-9	Adolescence and change	<ul style="list-style-type: none"> • Adolescence and change • Bullying and harassment • Protective strategies 		
2	1 - 4	What's this about Health	<ul style="list-style-type: none"> • The nature of health • Factors that affect health 		Food Diary & Nutritional Analysis
	4 - 10	Food and Activity for Living a Long Life	<ul style="list-style-type: none"> • Components of a balanced lifestyle • Personal benefits of participation in physical activity • Physical activity levels • Healthy food habits 		
3	1 - 8	Exploring Drug Issues	<ul style="list-style-type: none"> • Drug use • Exploring risk • Protective strategies 		Topic Test
4	1 - 6	Safety First	<ul style="list-style-type: none"> • Personal safety • Road safety 		Lifesaving Practical