

Year 8 Health & Personal Development 2018



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Health & Physical Education (Year)

Home Economics

- Food Tech (term)
- Fibre Tech (term)

Year 8

Year 8

Length: 2 Semesters

Assumed Knowledge:

None

Description:

All students will study a semester of Health and Physical Education at Year 8. This course addresses the Australian Curriculum Health and Physical Education strands of being healthy safe and active, and movement and physical activity. These strands are taught under contexts such as alcohol and other drugs, health benefits of physical activity, mental health and wellbeing, relationships, safety, challenge and adventure activities, games and sports, lifelong physical activities and rhythmic and expressive activities.

Students will be given the opportunity to expand their knowledge, understanding and skills to help them achieve successful outcomes in classroom, leisure, social, movement and online situations. Students learn how to take positive action to enhance their own and others' health, safety and wellbeing in various contexts. They do this as they examine the nature of their relationships and other factors that influence people's beliefs, attitudes, opportunities, decisions, behaviours and actions. Students demonstrate a range of help-seeking strategies that support them to access and evaluate health and physical activity information and services.

Assessment Details:

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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Length: 1 Term

Assumed Knowledge:

None

Description:

Year 8 students have the opportunity to select Food Tech as an elective for 1 term. This course addresses the Australian Curriculum Health and Physical Education strands of being healthy, safe and active as well as Design and Technologies strands of knowledge and understanding, and processes and production skills. These strands are taught under contexts such as nutrition, food production and food specialisations.

Students will be given the opportunity to expand their knowledge, understanding and skills to help them achieve successful outcomes in the classroom and beyond. There is a strong focus on life skills which are taught through analysis of the characteristics and properties of food and how they determine the preparation techniques required. Presentation and designing solutions for healthy eating are also covered. Students will investigate issues surrounding food production, sustainability and the impacts of food choices on families and communities.

Assessment Details:

Assessment will be against the Australian Curriculum Health and Physical Education and Design and Technologies Achievement Standards derived from a combination of learning opportunities, including but not limited to: participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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Length: 1 Term

Assumed Knowledge:

None

Description:

Year 8 students have the opportunity to select Fibre Tech as an elective for 1 term. This course addresses the Australian Curriculum Health and Physical Education strands of being healthy safe and active as well as Design and Technologies strands of knowledge and understanding, and processes and production skills. These strands are taught under contexts such as food and fibre production, designed solutions and processes and effective and safe use and techniques.

Students will be given the opportunity to expand their knowledge, understanding and skills to help them achieve successful outcomes in the classroom and beyond. There is a strong focus on how the textile industry is dealing with environmental problems. Students will investigate the issues surrounding cotton production, sustainability and the impacts our decisions make. Students will focus on the safe use and techniques in sewing (hand and machine). Students will design and critique their own phone/ipad cover (hand) and pencil case (machine) focussing on a variety of stitches (straight and/or decorative).

Assessment Details:

Assessment will be against the Australian Curriculum Health and Physical Education and Design and Technologies Achievement Standards derived from a combination of learning opportunities, including but not limited to: participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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