

2022 Year 10 Health Programme

King's High School



Over the course of the year students will cover four different units of work. All units have the underlying concept of Hauora embedded in them. Each unit will have nine lessons planned along with a student workbook. A teachers guide will also be provided.

Term 1

Unit 1 – Good to be me – L4/5C1, L4/5C2

This unit will focus on mental well being and developing friendships with the class.

Self-worth, change loss and grief, resiliency and confidence building.

Term 2

Unit 2 – Sexuality Education – L4/5A1, L4/5C1

This unit will focus on the changes undergone through puberty and other factors and influences that students will be subjected to.

Gender issues, stereotypes, body image, contraception and pornography.

Term 3

Unit 3 – Keeping ourselves safe – L4/5A3, L4/5C3

This unit will focus on giving students the right information to make informed decisions about drugs and alcohol as well as cyber safety.

Smoking, alcohol, cyber safety, bullying, decision-making and effective communication skills.

Term 4

Unit 4 – Our Body – L4/5D1, L4/5A1

This unit will give the students the opportunity to understand their body and have a future focus of what they can do to improve their health.

Bones, muscles, exercise, personal hygiene, diet and nutrition.