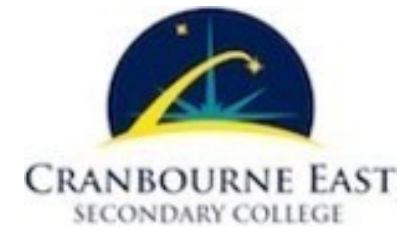


Cranbourne East Secondary College Health Scope and Sequence



Years 7-10

Year 7		Year 8		Year 9		Year 10 Health Electives	
Muscles and Bones	10 Lessons	Bodies Response to Exercise and Heart Health	8 lessons	First Aid	10 Lessons	Health Matters	Sem 1
Focus:		Focus:		Focus: -			
Puberty and Adolescence	8 Lessons	Mental Health	10 lessons	Body Systems	7 Lessons	Global Health	Sem 2
Focus:		Focus:		Focus:		Focus:	
Nutrition	6 Lessons	Respectful Relationships	8 Lessons	Sexual Education	10 lessons		
Focus:		Focus:		Focus:			
Risk Taking/Tobacco	12 Lessons	Alcohol and Party Drugs	8 Lessons	Personal Fitness and Training Programs	7 lessons		
Focus:		Focus:		Focus:			
Building Resilience	4 Lessons	Water and Road Safety	6 Lessons	Sports Coaching	6 lessons		
Focus:		Focus:		Focus:			