# PDHPE Unit Overview

**Subject:** PDHPE  
**Year:** 7  
**Term:** 2  
**Week:** 1 - 10

## Unit Title:
Respectful Relationships

## Aim:
Understand the concept of Relationships and a sense of self. Explore the influences on relationships and a sense of self and how they interact.

### What students will do:
- **Unit Outline**
  - Brainstorm ideas about sense of self – notes
  - Brainstorm influences on one’s sense of self: mind-map
  - Students identify individuals, groups and/or places where they feel a sense of belonging.
  - Brainstorm ideas about body image and identify physical, emotional and social changes during adolescence.
  - Students research information about the ‘Ideal’ Male and Female body images and how this can impact on one’s sense of self.
  - Create a poster to identify the positive and negative use of power in a relationship
  - Role play effective communications strategies through given scenarios

### What students will learn:
- **Key Learning Outcomes**
  - Understand Factors that influence and affect a sense of self throughout different stages of life
  - How body image, self-image and identity interrelate with a sense of belonging
  - Understand physical, social, emotional changes during adolescence
  - Use positive Communication skills and understand barriers to communication
  - Identify and understand positive/negative power in relationships
  - Identify positive behaviours and strategies that display the positive use of power in a relationship

### How students will be assessed:
- **Evidence of Learning**
  - Completed book work tasks – brainstorm notes and mind-map, Book exercises, collage on body image – marked by teacher
  - Participation in class discussion, teacher observation
  - Participation in group work

## Essential Words:
Respectful, relationships, sense of self, influences, power, behaviours, attitudes, positive, body image

## Homework:
Set by the classroom teacher, may include; research, questions, worksheets and completing work not finished in class.
Grade Descriptors –

A
- Demonstrates a thorough understanding of sense of self
- Clearly identifies the influences on one’s sense of self
- Creates a thorough list of factors that may affect one’s sense of self
- Clearly outlines the physical, emotional and social changes during adolescence

B
- Demonstrates a sound understanding of sense of self.
- Clearly identifies the influences on one’s sense of self.
- Creates a sound list of factors that may affect one’s sense of self
- Outlines physical, emotional and social changes during adolescence

C
- Demonstrates a basic understanding of sense of self.
- Identifies the influences on one’s sense of self
- Creates a basic list of factors that may affect one’s sense of self
- Basic understanding of physical, emotional and social changes during adolescence

D
- Demonstrates a limited understanding of sense of self
- Limited understanding of the influences on one’s sense of self
- Creates a limited list of factors that may affect one’s sense of self
- Limited understanding of physical, emotional and social changes during adolescence.

E
- Elementary understanding of a sense of self
- Elementary understanding of the influences on one’s sense of self
- Elementary list of factors that may affect one’s sense of self
- Elementary understanding of physical, emotional and social changes during adolescence