Ten-week unit plan example

This is an example of how to run Healthy Young People (HYP) during a ten-week school term, within the HPE classroom with cross-curricula support.

[Download all of the HYP student activities and teacher resources here](https://www.health.tas.gov.au/healthyyoungpeople/hyp_resources)[[1]](#endnote-1)

See the following documents for further information to support your planning:

* The Australian Curriculum: Health and Physical Education Focus Areas
* The Australian Curriculum: Health and Physical Education – Years 7/8
* The Australian Curriculum: Health and Physical Education – Years 9/10
* Audit Tool
* Additional Activities

|  | **Week one** | **Week two** | **Week three** | **Week four** | **Week five** |
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| **Mission Step** | [Choose your HYP Mission](https://www.health.tas.gov.au/healthyyoungpeople/choose_your_hyp_mission)[[2]](#endnote-2) | [What are the facts](https://www.health.tas.gov.au/healthyyoungpeople/what_are_the_facts)[[3]](#endnote-3) | [What are the facts](https://www.dhhs.tas.gov.au/healthyyoungpeople/what_are_the_facts) | [What are the facts](https://www.dhhs.tas.gov.au/healthyyoungpeople/what_are_the_facts) | [What needs to Change](http://www.health.tas.gov.au/healthyyoungpeople/what_needs_to_change)[[4]](#endnote-4) |
| **HPE** | **Class activities:**  Mind Map - *What does health and wellbeing mean to you?*  Groups of 3 to 5 - *What is your HYP Mission?*  **Homework:**  *How is your health and wellbeing?* reflection activity | **Class activity:**  *Health literacy reflection.*  Start *Health Info Challenge*.  Start group research of Mission topic - *What are the facts?*  **Homework:**  Complete the Health Info Challenge. | **Class activity:**  Group research of Mission topic - *What are the facts?*  **Homework:**  Continue research | **Class activity:**  Continue research and finalise infographic.  **Class/group discussion:**  *What’s happening locally?* | **Class Activity:**  *What is happening in your school - School audits* |
| **Cross-curricula Opportunities** | **ICT:**   * Set up a website or online portfolio so save all HYP activities   **Home group:**   * Support to complete reflection activity from *How is your health and wellbeing?* | **English/Literacy:**   * Explicit teaching of skills to evaluate health information and apply to the Health Info Challenge   **ICT:**   * Update HYP portfolio | **English/Literacy:**   * Research skills * Media literacy   **ICT:**   * Design infographics * Update HYP portfolio   **Science:**   * Human biology topics that relate to Missions | **ICT:**  • Use excel to create the list of local services  • Update HYP portfolio | **ICT:**  • Update HYP portfolio |
| **Notes and resources.** Please complete this page with your own planning notes. |  |  |  |  |  |

|  | **Week six** | **Week seven** | **Week eight** | **Week nine** | **Week ten** |
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| **Mission Step** | [What needs to Change](http://www.dhhs.tas.gov.au/healthyyoungpeople/what_needs_to_change)/  [Your Mission Action Plan](http://www.health.tas.gov.au/healthyyoungpeople/your_mission_action_plan)[[5]](#endnote-5) | [Your Mission Action Plan](http://www.dhhs.tas.gov.au/healthyyoungpeople/your_mission_action_plan) | [Your Mission Action Plan](http://www.dhhs.tas.gov.au/healthyyoungpeople/your_mission_action_plan) | [Reflect and Celebrate](https://www.health.tas.gov.au/healthyyoungpeople/reflect_and_celebrate)[[6]](#endnote-6) | [Reflect and Celebrate](http://www.dhhs.tas.gov.au/healthyyoungpeople/reflect_and_celebrate) |
| **HPE** | **Class Discussion:**  *What is your dream for your school?*  **Class Activity:**  *How can you make the most difference?* | **Group discussion:**  Use *What, how, where, when, who* questions  **Group activity:**  Complete *Mission Action Plan.* | **Group activity:**  Students follow their *Mission Action Plans*.  **Class discussion:**  Use *Mission Action Plan Progress Report* questions | **Group activity:**  Students follow their *Mission Action Plans.*  **Class discussion:**  Use *Mission Action Plan Progress Report* questions | **Group Activity:**  *Six Thinking Hats Reflection*  **Class discussion:**  *Take your mission further* |
| **Cross-curricula Opportunities** | **ICT:**  • Update HYP portfolio | **English or Drama:**   * Persuasive language and oral presentation skills using *How will you get others on board?*   **Other:**   * Partner with other curriculum areas to based upon student SMART Goals. | * Partner with other curriculum areas based upon student SMART Goals. | * Partner with other curriculum areas based upon student SMART Goals. | **Home group:**   * Support to complete reflection activity from *How is your health and wellbeing?*   **English or Drama**   * Oral presentation to report back.   **ICT**   * Finalise online portfolio |
| **Notes and resources** Please complete this page with your own planning notes. |  |  |  |  |  |

1. www.health.tas.gov.au/healthyyoungpeople/hyp\_resources [↑](#endnote-ref-1)
2. www.health.tas.gov.au/healthyyoungpeople/choose\_your\_hyp\_mission [↑](#endnote-ref-2)
3. www.health.tas.gov.au/healthyyoungpeople/what\_are\_the\_facts [↑](#endnote-ref-3)
4. www.health.tas.gov.au/healthyyoungpeople/what\_needs\_to\_change [↑](#endnote-ref-4)
5. www.health.tas.gov.au/healthyyoungpeople/your\_mission\_action\_plan [↑](#endnote-ref-5)
6. www.health.tas.gov.au/healthyyoungpeople/reflect\_and\_celebrate [↑](#endnote-ref-6)