



Pearson

Years 7–10

# Customised Health and PE workbook unit listings

Printed workbooks

**\$35.95**

Digital (PDF) workbooks

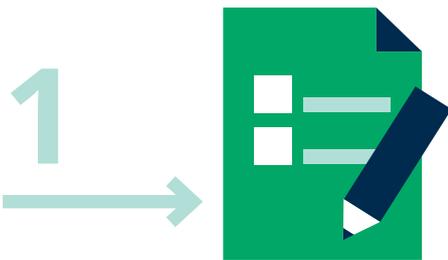
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Working with you to create customised and engaging workbooks. Pearson Custom caters to your school's specific needs.

Find out more at  
[pearson.com.au/hpe](https://www.pearson.com.au/hpe)



# It takes 4 easy steps to customise your resources!



## Customise your workbook

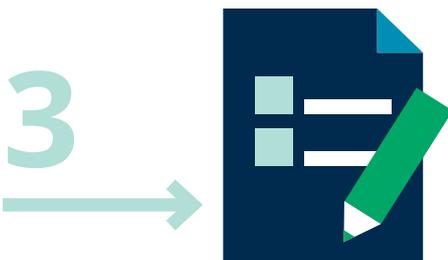
Complete your school's details and select your workbook units on **the content creator** form for years 7-10 Health and PE and email these to your Pearson contact:

**pablo.illuffirivera@pearson.com**



## Approve your draft

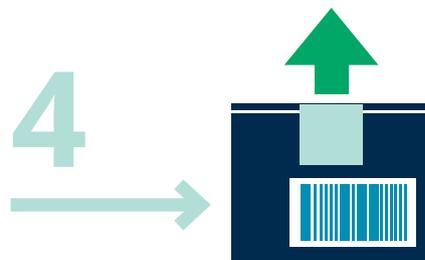
The custom team will create your workbook as per your content creator form. If requested, you'll receive a draft copy of the workbook via email. Once drafts are sent to you for review, please approve within 48 hours.



## Place your order

An **order form** will be emailed to you from the details completed on the content creator form. Order your HPE workbooks by completing the order form, confirming:

- Student workbook numbers
- Teacher resource
- Locked PDF's



## Print and delivery

Please allow 3 weeks for print and delivery from the time the order is placed. To ensure that you have the titles for the start of the school year, we prefer all deliveries be made by end of Term 4. Please include the last day your office will be staffed on the content creator form.

Find out more at [pearson.com.au/hpe](https://www.pearson.com.au/hpe)

# The choice is yours

## Choose from 20 units for Years 7 to 10

Please reference these modules on the content creator form at the back (e.g. chapter 1: 4a)

**Note:** The workbook units for Years 7 to 10 have been reviewed for use in WA schools and have been assessed as providing 70% coverage. We encourage you to provide us with your own original content to include in your workbooks to bring coverage to 100%. (Specifically Content descriptions ACPPS072, ACPPS075, ACPMP083 and ACPMP084 are not covered.)

Years 7 and 8	
<b>4a   Adolescence and change</b>  <i>Content descriptions</i> ACPPS070, ACPPS071	<ul style="list-style-type: none"> <li>• Personal identity</li> <li>• Changes affecting identity</li> <li>• Belonging</li> <li>• Physical changes during adolescence</li> <li>• Looking after your body</li> <li>• Social and emotional changes during adolescence</li> <li>• Managing adolescent change</li> <li>• Building self-esteem</li> <li>• Where to from here?</li> </ul>
<b>4b   Managing challenges</b>  <i>Content descriptions</i> ACPPS070, ACPPS071	<ul style="list-style-type: none"> <li>• Social health</li> <li>• Being positive about life</li> <li>• Happiness is living an organised life</li> <li>• Challenges in adolescent relationships</li> <li>• Bullying behaviour</li> <li>• Mental health during adolescence</li> </ul>
<b>4c   Respectful relationships</b>  <i>Content descriptions</i> ACPPS070, ACPPS071, ACPPS074	<ul style="list-style-type: none"> <li>• Human rights</li> <li>• Relationships</li> <li>• Communication</li> <li>• The impact of power</li> <li>• Relationship abuse</li> <li>• Impacts of social media</li> <li>• Conflict resolution</li> </ul>
<b>4d   Body in motion</b>  <i>Content descriptions</i> ACPMP080, ACPMP081, ACPMP082, ACPMP087, ACPMP088	<ul style="list-style-type: none"> <li>• Types of movement skills</li> <li>• Skill refinement</li> <li>• Space, time, effort and relationships</li> <li>• Strategy and tactical play</li> <li>• Roles and responsibilities</li> <li>• Safe play</li> <li>• Inclusion in sport: disability, gender, sexuality</li> </ul>
<b>4e   Health matters</b>  <i>Content descriptions</i> ACPPS073, ACPPS078, ACPPS079	<ul style="list-style-type: none"> <li>• Health – what does it mean?</li> <li>• Factors that influence attitudes, behaviours and decision-making</li> <li>• Cultural perspectives on health and wellbeing</li> <li>• The relationship between nutrition, mental health and physical activity</li> <li>• Addressing misconceptions about mental health</li> <li>• Inclusive behaviour</li> </ul>
<b>4f   Risky business</b>  <i>Content descriptions</i> ACPPS070, ACPPS073. Also Year 9: ACPPS092	<ul style="list-style-type: none"> <li>• Exploring risk</li> <li>• Risk-taking and drug use, road safety, sexual health and party safe</li> <li>• Cybersafety</li> </ul>
<b>4g   First aid</b>  <i>Content descriptions</i> ACPPS091 (This unit could be completed at any point across Years 7 to 10)	<ul style="list-style-type: none"> <li>• What is first aid?</li> <li>• Allergies and anaphylaxis</li> <li>• Treating injury</li> <li>• Water safety</li> <li>• Responding to a medical emergency</li> <li>• Community safety and health</li> </ul>
<b>4h   Understanding drugs</b>  <i>Content descriptions</i> ACPPS073. Also Year 9: ACPPS092	<ul style="list-style-type: none"> <li>• Classifying drugs and their effects</li> <li>• Tobacco and smoking</li> <li>• Alcohol and its effect</li> <li>• Influences on decisions about drugs</li> <li>• Making wise decisions about drugs</li> <li>• The impact of drug use</li> <li>• Protective factors in resisting drug use</li> <li>• Accessing support services</li> </ul>
<b>4i   Health promotion</b>  <i>Content descriptions</i> ACPPS073, ACPPS076, ACPPS077. Also Year 9: ACPPS095	<ul style="list-style-type: none"> <li>• What is health promotion?</li> <li>• Access to health services</li> <li>• Common health conditions in young people</li> <li>• Health consumerism</li> </ul>
<b>4j   Get active, get healthy</b>  <i>Content descriptions</i> ACPPS073, ACPPS078, ACPPS079, ACPPS088	<ul style="list-style-type: none"> <li>• What does being healthy mean?</li> <li>• Perceptions of health</li> <li>• Cultural health</li> <li>• Media and health</li> <li>• Physical health</li> <li>• Influences on food choices</li> <li>• Physical activity</li> </ul>

 **Order resources by September for same year delivery.**

# Choose from 20 units for Years 7 to 10

Please reference these modules on the content creator form at the back (e.g. chapter 1: 5a)

**Note:** The workbook units for Years 7 to 10 have been reviewed for use in WA schools and have been assessed as providing 70% coverage. We encourage you to provide us with your own original content to include in your workbooks to bring coverage to 100%. (Specifically, Content descriptions ACPPS095, ACPMP101, ACPMP102, ACPMP103, ACPMP106, ACPPS098 are not covered.)

Years 9 and 10	
<b>5a   Shaping identity</b> <i>Content descriptions</i> ACPPS089, ACPPS094, ACPPS098	<ul style="list-style-type: none"> <li>• My sense of self</li> <li>• Cultural identity</li> <li>• Personal strengths</li> <li>• Discrimination</li> <li>• Stereotyping of cultures and religions</li> <li>• Communication of positive identity</li> </ul>
<b>5b   Building resilience</b> <i>Content descriptions</i> Valuable topic and content but not linked directly.	<ul style="list-style-type: none"> <li>• Challenges and opportunities</li> <li>• Coping with grief and loss</li> <li>• Support services</li> <li>• Strategies to cope with challenges</li> <li>• What is resilience?</li> <li>• Why is resilience important for young people?</li> <li>• Characteristics of resilient people</li> </ul>
<b>5c   Relationships – rights and responsibilities</b> <i>Content descriptions</i> ACPPS092, ACPPS093, ACPPS094	<ul style="list-style-type: none"> <li>• Defining relationships</li> <li>• Behavioural and gender expectations in relationships</li> <li>• Developing ground rules</li> <li>• When relationships break down</li> <li>• Qualities of equal and respectful relationships</li> <li>• Interpersonal skills</li> <li>• Decision-making</li> <li>• Intimate relationships</li> <li>• Power in relationships; effects of abuse; importance of balance of power</li> </ul>
<b>5d   Movement skills and performance</b> <i>Content descriptions</i> ACPMP099, ACPMP100, ACPMP101, ACPMP106, ACPMP107	<ul style="list-style-type: none"> <li>• Movement skills</li> <li>• Speed, force and accuracy</li> <li>• Relationships in sport</li> <li>• Analysing play</li> <li>• Communication in sport</li> <li>• Rules for fair and safe play</li> </ul>
<b>5e   Road safety</b> <i>Content descriptions</i> Some relevance to ACPPS092 and a valuable overall topic.	<ul style="list-style-type: none"> <li>• Young people on the road</li> <li>• Factors contributing to road traffic accidents</li> <li>• Occupant restraints</li> <li>• Responding to road trauma</li> <li>• Road use and the law</li> <li>• Accessing information about road safety</li> <li>• Road safety and the wider community</li> <li>• Towards zero campaign</li> <li>• Road safety plan</li> </ul>
<b>5f   Teen talk</b> <i>Content descriptions</i> ACPPS089, ACPPS092, ACPPS093, ACPPS096, ACPPS097	<ul style="list-style-type: none"> <li>• Who am I?</li> <li>• Media literacy (body image)</li> <li>• Online safety</li> <li>• Mental health and support</li> <li>• Sexual health: relationships, sexuality, diversity</li> </ul>
<b>5g   Party safe</b> <i>Content descriptions</i> ACPPS090, ACPPS091, ACPPS092	<ul style="list-style-type: none"> <li>• The nature of risk</li> <li>• Safe partying, pro-social behaviour</li> <li>• Risk taking on the road</li> <li>• Youth support services</li> </ul>
<b>5h   Health for life</b> <i>Content descriptions</i> ACPPS095, ACPPS096, ACPPS097, ACPPS102	<ul style="list-style-type: none"> <li>• A balanced lifestyle</li> <li>• Healthy food habits</li> <li>• Eating disorders</li> <li>• Nutrition for physical activity</li> <li>• Get out and get active</li> <li>• Fit for life</li> <li>• Lifelong opportunities</li> <li>• Moving forward together</li> <li>• Healthy school campaign</li> </ul>
<b>5i   Drugs – reality and risks</b> <i>Content descriptions</i> ACPPS091, ACPPS092	<ul style="list-style-type: none"> <li>• Teenage drug and alcohol use in Australia</li> <li>• Types and classification of drugs</li> <li>• The ice epidemic</li> <li>• First aid for illicit drug use</li> <li>• Risks in unsafe situations</li> <li>• Support networks</li> </ul>
<b>5j   Sporting culture</b> <i>Content descriptions</i> ACPPS089, ACPPS096, ACPPS097, ACPPS098, ACPMP107. Also Year 8 ACPPS078	<ul style="list-style-type: none"> <li>• What is sporting culture?</li> <li>• Australia's investment in sport</li> <li>• Australian sporting heroes</li> <li>• Sports ethics</li> <li>• Community sport</li> <li>• Aboriginal and Torres Strait Islander representation in sport</li> <li>• Athletes' influence on teams</li> <li>• Sports motivation</li> </ul>

 **Order resources by September for same year delivery.**

# Content creator form

**Complete and return to [pablo.illuffirivera@pearson.com](mailto:pablo.illuffirivera@pearson.com)**

- Please complete everything marked with \*
- Our custom team will then compile your resources
- We can email you drafts (please tick in section 4 if drafts are required)

**Note: This is not a commitment to order. When you receive your draft copy you will also receive an order form to confirm final numbers.**

## 1. Your details

Please fill out the following details:

School name

\*Miss/Ms/Mrs/Mr

\*First name

\*Surname

\*Position

\*Address

\*Suburb

\*State

\*Postcode

\*Phone

\*Email

## 2. Custom resource details

*Resource type:	Print	Digital (PDF WB)	School type:	Boys	Girls	Co-ed
*School denomination:	None	Jewish	Islamic	Catholic	Christian	Bretheren
*Bookseller school?	Yes	No	[If yes] Name of bookseller			
*Workbook binding:	Spiral	Perfect	2-hole drilled (folder)	2-hole drilled (no folder)		

*Do you want teacher resources?	Yes	No				
*Teacher resource binding:	Spiral	Perfect	2-hole drilled (folder)	2-hole drilled (no folder)		
*Crest on cover: If yes: supply Hi Res 300DPI Crest	Yes	No	Should this resource be in	Stages or	Years	
*Supplying photos:	Yes	No	<ul style="list-style-type: none"><li>• All photos must be supplied by August</li><li>• See photo release form at <a href="http://pearson.com.au/photorelease">pearson.com.au/photorelease</a></li><li>• Every student needs a signed release form</li></ul>			

*Continued over page*

# Content creator form *cont'd*

## 3. Your chapter selection for years/stages (please refer to units on previous pages)

\*Must complete chapter selection or form will be returned

Year/Stage:	Chapter 1:	Chapter 2:	Chapter 3:	Chapter 4:	Chapter 5 (optional):
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Colour of cover:    Navy    Dark green    Blue    Green    Red    Purple    Orange    Yellow

Any other additional information:

\*Estimated numbers for Year/Stage:

Year/Stage:	Chapter 1:	Chapter 2:	Chapter 3:	Chapter 4:	Chapter 5 (optional):
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Colour of cover:    Navy    Dark green    Blue    Green    Red    Purple    Orange    Yellow

Any other additional information:

\*Estimated numbers for Year/Stage:

Year/Stage:	Chapter 1:	Chapter 2:	Chapter 3:	Chapter 4:	Chapter 5 (optional):
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Colour of cover:    Navy    Dark green    Blue    Green    Red    Purple    Orange    Yellow

Any other additional information:

\*Estimated numbers for Year/Stage:

Year/Stage:	Chapter 1:	Chapter 2:	Chapter 3:	Chapter 4:	Chapter 5 (optional):
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Colour of cover:    Navy    Dark green    Blue    Green    Red    Purple    Orange    Yellow

Any other additional information:

\*Estimated numbers for Year/Stage:

## 4. Additional information

*Are you adding any of your own material?    Yes    No If Yes: please include word doc with material when returning this form	*Last day deliveries are received at your school for end of this year:
*Are emailed drafts required    Yes    No <b>Note:</b> Please ensure email address is supplied above. Drafts are now sent via a downloadable link via Alfresco - the notification will come through via email.	
*Do you need locked PDFs (\$26)?    Yes    No	
*Do you need teacher resources?    Yes    No	

Any other additional information?

5. Please complete this form and attach any relevant documents, and email it to **pablo.illuffirivera@pearson.com** as soon as possible.

If you have any questions, please email or call Pablo on **1300 655 916**.