



Pearson

NSW 7–10

Customised PDHPE workbook unit listings

Printed workbooks

\$35.95

Digital (PDF) workbooks

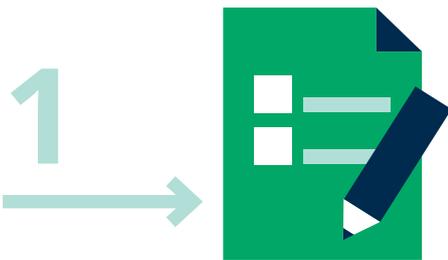
\$26.95

Working with you to create customised and engaging workbooks, aligned to the 2018 NSW 7–10 PDHPE syllabus. Pearson Custom caters to your school's specific needs.

Find out more at
pearson.com.au/pdhpe



It takes 4 easy steps to customise your resources!



Customise your workbook

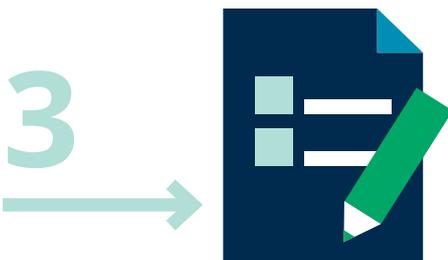
Complete your school's details and select your workbook units on **the content creator** form for years 7-10 PDHPE and email these to your Pearson contact:

pablo.illuffirivera@pearson.com



Approve your draft

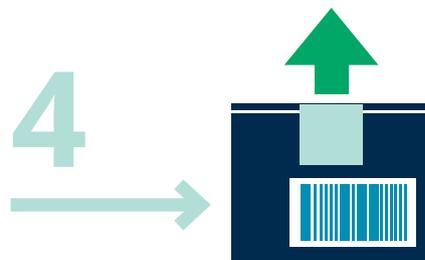
The custom team will create your workbook as per your content creator form. If requested, you'll receive a draft copy of the workbook via email. Once drafts are sent to you for review, please approve within 48 hours.



Place your order

An **order form** will be emailed to you from the details completed on the content creator form. Order your PDHPE 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/pdhpe](https://www.pearson.com.au/pdhpe)

The choice is yours

Choose from 20 PDHPE units for stages 4 and 5,
all aligned to the 2018 NSW PDHPE syllabus

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

Stage 4	
4a Adolescence and change <i>Unit outcomes</i> PD4-1, PD4-3, PD4-6, PD4-9, PD4-10	<ul style="list-style-type: none"> • Personal identity • Changes affecting identity • Belonging • Physical changes during adolescence • Looking after your body • Social and emotional changes during adolescence • Managing adolescent change • Building self-esteem • Where to from here?
4b Managing challenges <i>Unit outcomes</i> PD4-1, PD4-2, PD4-3, PD4-9	<ul style="list-style-type: none"> • Social health • Being positive about life • Happiness is living an organised life • Challenges in adolescent relationships • Bullying behaviour • Mental health during adolescence
4c Respectful relationships <i>Unit outcomes</i> PD4-1, PD4-3, PD4-9, PD4-10	<ul style="list-style-type: none"> • Human rights • Relationships • Communication • The impact of power • Relationship abuse • Impacts of social media • Conflict resolution
4d Body in motion <i>Unit outcomes</i> PD4-3, PD4-4, PD4-5, PD4-6, PD4-8, PD4-10, PD4-11	<ul style="list-style-type: none"> • Types of movement skills • Skill refinement • Space, time, effort and relationships • Strategy and tactical play • Roles and responsibilities • Safe play • Inclusion in sport: disability, gender, sexuality
4e Health matters <i>Unit outcomes</i> PD4-1, PD4-2, PD4-6, PD4-7, PD4-8, PD4-9, PD4-10	<ul style="list-style-type: none"> • Health – what does it mean? • Factors that influence attitudes, behaviours and decision-making • Cultural perspectives on health and wellbeing • The relationship between nutrition, mental health and physical activity • Addressing misconceptions about mental health • Inclusive behaviour
4f Risky business <i>Unit outcomes</i> PD4-1, PD4-2, PD4-6, PD4-7	<ul style="list-style-type: none"> • Exploring risk • Risk-taking and drug use, road safety, sexual health and party safe • Cybersafety
4g First aid <i>Unit outcomes</i> PD4-1, PD4-2, PD4-6, PD4-7, PD4-9	<ul style="list-style-type: none"> • What is first aid? • Allergies and anaphylaxis • Treating injury • Water safety • Responding to a medical emergency • Community safety and health
4h Understanding drugs <i>Unit outcomes</i> PD4-1, PD4-2, PD4-9	<ul style="list-style-type: none"> • Classifying drugs and their effects • Tobacco and smoking • Alcohol and its effect • Influences on decisions about drugs • Making wise decisions about drugs • The impact of drug use • Protective factors in resisting drug use • Accessing support services
4i Health promotion <i>Unit outcomes</i> PD4-6, PD4-7, PD4-9	<ul style="list-style-type: none"> • What is health promotion? • Access to health services • Common health conditions in young people • Health consumerism
4j Get active, get healthy <i>Unit outcomes</i> PD4-6, PD4-7, PD4-8, PD4-10	<ul style="list-style-type: none"> • What does being healthy mean? • Perceptions of health • Cultural health • Media and health • Physical health • Influences on food choices • Physical activity

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

Choose from 20 PDHPE units for stages 4 and 5, all aligned to the 2018 NSW PDHPE syllabus

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

Stage 5	
5a Shaping identity <i>Unit outcomes</i> PD5-1, PD5-3, PD5-6, PD5-10	<ul style="list-style-type: none"> • My sense of self • Cultural identity • Personal strengths • Discrimination • Stereotyping of cultures and religions • Communication of positive identity
5b Building resilience <i>Unit outcomes</i> PD5-1, PD5-2, PD5-3, PD5-9, PD5-10	<ul style="list-style-type: none"> • Challenges and opportunities • Coping with grief and loss • Support services • Strategies to cope with challenges • What is resilience? • Why is resilience important for young people? • Characteristics of resilient people
5c Relationships – rights and responsibilities <i>Unit outcomes</i> PD5-3, PD5-9, PD5-10	<ul style="list-style-type: none"> • Defining relationships • Behavioural and gender expectations in relationships • Developing ground rules • When relationships break down • Qualities of equal and respectful relationships • Interpersonal skills • Decision-making • Intimate relationships • Power in relationships; effects of abuse; importance of balance of power
5d Movement skills and performance <i>Unit outcomes</i> PD5-4, PD5-5, PD 5-10, PD5-11	<ul style="list-style-type: none"> • Movement skills • Speed, force and accuracy • Relationships in sport • Analysing play • Communication in sport • Rules for fair and safe play
5e Road safety <i>Unit outcomes</i> PD5-2, PD5-9, PD5-10	<ul style="list-style-type: none"> • Young people on the road • Factors contributing to road traffic accidents • Occupant restraints • Responding to road trauma • Road use and the law • Accessing information about road safety • Road safety and the wider community • Towards zero campaign • Road safety plan
5f Teen talk <i>Unit outcomes</i> PD5-2, PD5-7, PD5-9, PD5-10	<ul style="list-style-type: none"> • Who am I? • Media literacy (body image) • Online safety • Mental health and support • Sexual health: relationships, sexuality, diversity
5g Party safe <i>Unit outcomes</i> PD5-9, PD5-10	<ul style="list-style-type: none"> • The nature of risk • Safe partying, pro-social behaviour • Risk taking on the road • Youth support services
5h Health for life <i>Unit outcomes</i> PD5-2, PD5-6, PD5-7, PD5-8	<ul style="list-style-type: none"> • A balanced lifestyle • Healthy food habits • Eating disorders • Nutrition for physical activity • Get out and get active • Fit for life • Lifelong opportunities • Moving forward together • Healthy school campaign
5i Drugs – reality and risks <i>Unit outcomes</i> PD5-2, PD5-9, PD5-10	<ul style="list-style-type: none"> • Teenage drug and alcohol use in Australia • Types and classification of drugs • The ice epidemic • First aid for illicit drug use • Risks in unsafe situations • Support networks
5j Sporting culture <i>Unit outcomes</i> PD5-2, PD5-6, PD5-7, PD5-10	<ul style="list-style-type: none"> • What is sporting culture? • Australia's investment in sport • Australian sporting heroes • Sports ethics • Community sport • Aboriginal and Torres Strait Islander representation in sport • Athletes' influence on teams • Sports motivation

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

Content creator form

Complete and return to 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.

Locked PDFs are for use on data projectors or interactive whiteboards. They cannot be printed or altered.

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:	Yes	No	Should this resource be in			
If yes: supply Hi Res 300DPI Crest			Stages or	Years		
*Supplying photos:	Yes	No	<ul style="list-style-type: none">• All photos must be supplied by August• See photo release form at pearson.com.au/photorelease• Every student needs a signed release form			

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):
-------------	------------	------------	------------	------------	-----------------------

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):
-------------	------------	------------	------------	------------	-----------------------

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):
-------------	------------	------------	------------	------------	-----------------------

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):
-------------	------------	------------	------------	------------	-----------------------

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 Note: 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** by September for same year delivery.

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