

Healthy Young People

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](#)

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
Mission Step	Choose your HYP Missionⁱⁱ	What are the factsⁱⁱⁱ	What are the facts	What are the facts	What needs to Change^{iv}
HPE	<p>Class activities:</p> <p>Mind Map - <i>What does health and wellbeing mean to you?</i></p> <p>Groups of 3 to 5 - <i>What is your HYP Mission?</i></p> <p>Homework:</p> <p><i>How is your health and wellbeing?</i> reflection activity</p>	<p>Class activity:</p> <p><i>Health literacy reflection.</i></p> <p>Start <i>Health Info Challenge.</i></p> <p>Start group research of Mission topic - <i>What are the facts?</i></p> <p>Homework:</p> <p>Complete the Health Info Challenge.</p>	<p>Class activity:</p> <p>Group research of Mission topic - <i>What are the facts?</i></p> <p>Homework:</p> <p>Continue research</p>	<p>Class activity:</p> <p>Continue research and finalise infographic.</p> <p>Class/group discussion:</p> <p><i>What's happening locally?</i></p>	<p>Class Activity:</p> <p><i>What is happening in your school - School audits</i></p>
Cross-curricula Opportunities	<p>ICT:</p> <ul style="list-style-type: none"> Set up a website or online portfolio so save all HYP activities <p>Home group:</p> <ul style="list-style-type: none"> Support to complete reflection activity from <i>How is your health and wellbeing?</i> 	<p>English/Literacy:</p> <ul style="list-style-type: none"> Explicit teaching of skills to evaluate health information and apply to the Health Info Challenge <p>ICT:</p> <ul style="list-style-type: none"> Update HYP portfolio 	<p>English/Literacy:</p> <ul style="list-style-type: none"> Research skills Media literacy <p>ICT:</p> <ul style="list-style-type: none"> Design infographics Update HYP portfolio <p>Science:</p> <ul style="list-style-type: none"> Human biology topics that relate to Missions 	<p>ICT:</p> <ul style="list-style-type: none"> Use excel to create the list of local services Update HYP portfolio 	<p>ICT:</p> <ul style="list-style-type: none"> Update HYP portfolio

	Week one	Week two	Week three	Week four	Week five
Notes and resources. <i>Please complete this page with your own planning notes.</i>					

	Week six	Week seven	Week eight	Week nine	Week ten
Mission Step	What needs to Change/ Your Mission Action Plan^v	Your Mission Action Plan	Your Mission Action Plan	Reflect and Celebrate^{vi}	Reflect and Celebrate
HPE	<p>Class Discussion: <i>What is your dream for your school?</i></p> <p>Class Activity: <i>How can you make the most difference?</i></p>	<p>Group discussion: <i>Use What, how, where, when, who questions</i></p> <p>Group activity: <i>Complete Mission Action Plan.</i></p>	<p>Group activity: <i>Students follow their Mission Action Plans.</i></p> <p>Class discussion: <i>Use Mission Action Plan Progress Report questions</i></p>	<p>Group activity: <i>Students follow their Mission Action Plans.</i></p> <p>Class discussion: <i>Use Mission Action Plan Progress Report questions</i></p>	<p>Group Activity: <i>Six Thinking Hats Reflection</i></p> <p>Class discussion: <i>Take your mission further</i></p>
Cross-curricula Opportunities	<p>ICT:</p> <ul style="list-style-type: none"> • Update HYP portfolio 	<p>English or Drama:</p> <ul style="list-style-type: none"> • Persuasive language and oral presentation skills using <i>How will you get others on board?</i> <p>Other:</p> <ul style="list-style-type: none"> • Partner with other curriculum areas to based upon student SMART Goals. 	<ul style="list-style-type: none"> • Partner with other curriculum areas based upon student SMART Goals. 	<ul style="list-style-type: none"> • Partner with other curriculum areas based upon student SMART Goals. 	<p>Home group:</p> <ul style="list-style-type: none"> • Support to complete reflection activity from <i>How is your health and wellbeing?</i> <p>English or Drama</p> <ul style="list-style-type: none"> • Oral presentation to report back. <p>ICT</p> <ul style="list-style-type: none"> • Finalise online portfolio

	Week six	Week seven	Week eight	Week nine	Week ten
Notes and resources <i>Please complete this page with your own planning notes.</i>					

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- ⁱ www.health.tas.gov.au/healthyyoungpeople/hyp_resources
 - ⁱⁱ www.health.tas.gov.au/healthyyoungpeople/choose_your_hyp_mission
 - ⁱⁱⁱ www.health.tas.gov.au/healthyyoungpeople/what_are_the_facts
 - ^{iv} www.health.tas.gov.au/healthyyoungpeople/what_needs_to_change
 - ^v www.health.tas.gov.au/healthyyoungpeople/your_mission_action_plan
 - ^{vi} www.health.tas.gov.au/healthyyoungpeople/reflect_and_celebrate