

## Year 10 PDH Half-Yearly Exam Study Guide

The exam is ONE hour and consists of:

- 10 Multiple Choice Questions
- 5 Short Answer Questions

The exam is based on the content you have studied this year:

- ***Active for life***
  - Importance physical activity plays in living a healthy life
  - Competitive versus non-competitive activities
  - Positive and negative outcomes of participation in physical activity
  - The role of time management and goal setting when planning for regular physical activity
  - What are the barriers to participation in physical activity?
  - The different roles involved in physical activity
- ***Relationships: the real deal***
  - Developing equal and respectful relationships
  - Skills required in an equal and respectful relationship
  - Understand the importance of being assertive when placed under pressure.
  - Is there a difference between being assertive and being aggressive? Justify your response
  - Being able to recognize and respond to abusive situations
  - What are some different support networks available to young people, which you could access if you were involved in a domestic violence situation?
  - Sexual health and decisions

***You need to be able to:***

- interpret tables and graphs
- develop strategies which you could use in a range of different situations