Year 10 NSW Curriculum Summary Document



	PERSONAL DEVELOPMENT	, HEALTH AND PHYSICAL EDUCATION								
Conter	nt Strands	Skills Domain								
Health, Wellbeing and Relationships	Healthy, Safe and Active Lifestyles	Self Management	Interpersonal							
PD5-1 assesses their own and others' capacity to reflect on and respond positively to challenges PD5-3 analyses factors and strategies that enhance inclusivity, equality and respectful relationships PD5-9 assesses and applies self-management skills to effectively manage complex situations PD5-10 critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts	PD5-7 plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities PD5-9 assesses and applies self-management skills to effectively manage complex situations PD5-10 critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts	 Strengthening personal identity Self-awareness Emotion and stress management 	 Communication Collaboration, inclusion and relationship-building Empathy building Social awareness 							

Year 10 NSW Curriculum Summary Document



Curriculum Area	Strand/Skill Domain	Outcome	Lesson Number ome															
			1.1	1.2	2.1	2.2	3.1	3.2	4.1	4.2	5.1	5.2	6.1	6.2	7.1	7.2	8.1	8.2
		PD5-1																
	Health, Wellbeing	PD5-3																
	and Relationships	PD5-9																
		PD5-10																
Personal		PD5-7																
Development, Health and	Healthy, Safe and Active Lifestyles	PD5-9																
Physical	Active Lifestyles	PD5-10																
Education	<u>Self-Management</u>																	
	Interpersonal																	

Curriculum Area	Strand/Skill Domain	Lesson Number Outcome																
			9.1	9.2	10.1	10.2	11.1	11.2	12.1	12.2	13.1	13.2	14.1	14.2	15.1	15.2	16.1	16.2
		PD5-1																
	Health, Wellbeing	PD5-3																
	and Relationships	PD5-9																
_		PD5-10																
Personal	Healthy, Safe and	PD5-7																
Development, Health and		PD5-9																
Physical Education		PD5-10																
	Self-Management																	
	Interpersonal																	

Year 10 NSW Curriculum Summary Document



Curriculum	Strand/Skill	Outcome	Lesson Number Outcome															
Area	Domain		17.1	17.2	18.1	18.2	19.1	19.2	20.1	20.2	21.1	21.2	22.1	22.2	23.1	23.2	24.1	24.2
		PD5-1																
	Health, Wellbeing	PD5-3																
	and Relationships	PD5-9																
Personal		PD5-10																
Development,	Healthy, Safe and Active Lifestyles	PD5-7																
Health and		PD5-9																
Physical Education		PD5-10																
	Self-Management																	
	Interpersonal																	

Curriculum Area	Strand/Skill Domain	Outcome	_	esson Imber	Inquiry Units										
			25.1	25.2	1.1	1.2	1.3	1.4	2.1	2.2	2.3	2.4			
		PD5-1													
	Health, Wellbeing	PD5-3													
	and Relationships	PD5-9													
		PD5-10													
Personal	Healthy, Safe and Active Lifestyles	PD5-7													
Development, Health and		PD5-9													
Physical		PD5-10													
Education	Self-Management														
	<u>Interpersonal</u>														