

	PERSONAL DEVELOPMENT	; HEALTH AND PHYSICAL EDUCATION	
Conter	nt Strands	SI	kills Domain
Health, Wellbeing and Relationships	Healthy, Safe and Active Lifestyles	Self Management	Interpersonal
 PD4-1 examines and evaluates strategies to manage current and future challenges PD4-2 examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others PD4-3 investigates effective strategies to promote inclusivity, equality and respectful relationships PD4-9 demonstrates self-management skills to effectively manage complex situations PD4-10 applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts 	 PD4-2 examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others PD4-7 investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities PD4-9 demonstrates self-management skills to effectively manage complex situations PD4-10 applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion 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

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Curriculum	Strand/Skill Domain	Outcome							L	esson	Numb	er						
Area			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
		<u>PD4-1</u>																
	Health Wallbaing	PD4-2																
	Health, Wellbeing and Relationships	<u>PD4-3</u>																
		PD4-9																
		<u>PD4-10</u>																
Personal		<u>PD4-2</u>																
Development, Health and	Healthy, Safe and	<u>PD4-7</u>																
Physical	Active Lifestyles	<u>PD4-9</u>																
Education		<u>PD4-10</u>																
	Self-Management																	
	Interpersonal																	

Curriculum	Strand/Skill Domain	Outcome	Lesson Number															
Area			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
		<u>PD4-1</u>																
	Hoalth Wallbaing	<u>PD4-2</u>																
	Health, Wellbeing and Relationships	<u>PD4-3</u>																
		<u>PD4-9</u>																
		<u>PD4-10</u>																
Personal	Healthy, Safe and	<u>PD4-2</u>																
Development,		<u>PD4-7</u>																
Health and Physical	Active Lifestyles	<u>PD4-9</u>																
Education		<u>PD4-10</u>																
	Self-Management																	
	Interpersonal																	

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Curriculum Area	Strand/Skill Domain	Outcome	Lesson Number															
	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
		<u>PD4-1</u>																
		<u>PD4-2</u>																
	Health, Wellbeing and Relationships	<u>PD4-3</u>																
		<u>PD4-9</u>																
		<u>PD4-10</u>																
Personal	Healthy, Safe and Active Lifestyles	PD4-2																
Development,		PD4-7																
Health and Physical		PD4-9																
Education		PD4-10																
	Self-Management																	
	Interpersonal																	

	Strand/Skill	Outcome	Lesson	Number	Inquiry Units											
Curriculum Area Personal Development, Health and Physical Education	Domain	Outcome	25.1	25.2	1.1	1.2	1.3 & 1.4	2.1	2.2	2.3	2.4	2.5	2.6			
		<u>PD4-1</u>														
		<u>PD4-2</u>														
	Health, Wellbeing and Relationships	PD4-3														
		<u>PD4-9</u>														
		PD4-10														
	Healthy, Safe and Active Lifestyles	PD4-2														
		PD4-7														
		PD4-9														
		PD4-10														
	Self-Management															
	Interpersonal															