

## **Year 8 NSW Curriculum Summary Document**

	PERSONAL DEVELOPMENT	, HEALTH AND PHYSICAL EDUCATION	
Conte	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	<ul> <li>Strengthening personal identity</li> <li>Self-awareness</li> <li>Emotion and stress management</li> </ul>	<ul> <li>Communication</li> <li>Collaboration, inclusion and relationship-building</li> <li>Empathy building</li> <li>Social awareness</li> </ul>



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



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Curriculum Area	Strand/Skill	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>																
	Hoolth Wallhaina	<u>PD4-2</u>																
	Health, Wellbeing and Relationships	<u>PD4-3</u>																
	and Netationships	<u>PD4-9</u>																
		<u>PD4-10</u>																
Personal	Healthy, Safe and	PD4-2																
Development,		PD4-7																
Health and Physical	Active Lifestyles	PD4-9																
Education		PD4-10																
	<u>Self-Management</u>																	
	<u>Interpersonal</u>																	

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