

| PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION   |  |  |   |
|---|--|--|---|
| Content Strands   |  | Skills Domain  |   |
| Health, Wellbeing and Relationships   | Healthy, Safe and Active Lifestyles  | Self Management  | Interpersonal   |
| <p><b>PD4-1</b>   examines and evaluates strategies to manage current and future challenges</p> <p><b>PD4-2</b>   examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others</p> <p><b>PD4-3</b>   investigates effective strategies to promote inclusivity, equality and respectful relationships</p> <p><b>PD4-9</b>   demonstrates self-management skills to effectively manage complex situations</p> <p><b>PD4-10</b>   applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts</p> | <p><b>PD4-2</b>   examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others</p> <p><b>PD4-7</b>   investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities</p> <p><b>PD4-9</b>   demonstrates self-management skills to effectively manage complex situations</p> <p><b>PD4-10</b>   applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts</p> | <ul style="list-style-type: none"> <li>• Strengthening personal identity</li> <li>• Self-awareness</li> <li>• Emotion and stress management</li> </ul> | <ul style="list-style-type: none"> <li>• Communication</li> <li>• Collaboration, inclusion and relationship-building</li> <li>• Empathy building</li> <li>• Social awareness</li> </ul> |



