

	PERSONAL DEVELOPMENT	, HEALTH AND PHYSICAL EDUCATION							
Conte	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 PD5-2 researches and appraises the effectiveness of health information and support services available in the community 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 	 PD5-2 researches and appraises the effectiveness of health information and support services available in the community 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 selfmanagement 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 						



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>PD5-1</u>																
	Lloolth Wallbaing	<u>PD5-2</u>																
	Health, Wellbeing and Relationships	<u>PD5-3</u>																
		<u>PD5-9</u>																
		PD5-10																
Personal	Healthy, Safe and Active Lifestyles	PD5-2																
Development,		PD5-7																
Health and Physical		<u>PD5-9</u>																
Education		PD5-10																
	Self-Management																	
	Interpersonal																	

Curriculum Area	Strand/Skill Domain	Outcome	Lesson Number															
			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>PD5-1</u>																
	 Health Wallheing	PD5-2																
	Health, Wellbeing and Relationships	PD5-3																
		PD5-9																
		PD5-10																
Personal		<u>PD5-2</u>																
Development,	Healthy, Safe and	<u>PD5-7</u>																
Health and Physical	Active Lifestyles	<u>PD5-9</u>																
Education		<u>PD5-10</u>																
	Self-Management																	
	Interpersonal																	



Curriculum Area	Strand/Skill Domain	Outcome	Lesson Number															
			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>PD5-1</u>																
	Lloolth Wallhaing	PD5-2																
	Health, Wellbeing and Relationships	PD5-3																
		<u>PD5-9</u>																
		PD5-10																
Personal	Healthy, Safe and Active Lifestyles	PD5-2																
Development, Health and		PD5-7																
Physical		<u>PD5-9</u>																
Education		PD5-10																
	Self-Management																	
	Interpersonal																	

Curriculum Area	Strand/Skill Domain	Outcome	-	sson mber	Inquiry Units									
Alea			25.1	25.2	1.1	1.2	1.3	1.4	2.1	2.2				
		PD5-1												
		PD5-2												
	Health, Wellbeing and Relationships	PD5-3												
	and Relationships	PD5-9												
		PD5-10												
Personal	Healthy, Safe and Active Lifestyles	PD5-2												
Development,		PD5-7												
Health and		<u>PD5-9</u>												
Physical Education		<u>PD5-10</u>												
	Self-Management													
	Interpersonal													