

PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION			
Content Strands		Skills Domain	
Health, Wellbeing and Relationships	Healthy, Safe and Active Lifestyles	Self Management	Interpersonal
<p>PD5-1 assesses their own and others' capacity to reflect on and respond positively to challenges</p> <p>PD5-2 researches and appraises the effectiveness of health information and support services available in the community</p> <p>PD5-3 analyses factors and strategies that enhance inclusivity, equality and respectful relationships</p> <p>PD5-9 assesses and applies self-management skills to effectively manage complex situations</p> <p>PD5-10 critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts</p>	<p>PD5-2 researches and appraises the effectiveness of health information and support services available in the community</p> <p>PD5-7 plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities</p> <p>PD5-9 assesses and applies self-management skills to effectively manage complex situations</p> <p>PD5-10 critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts</p>	<ul style="list-style-type: none"> • Strengthening personal identity • Self-awareness • Emotion and stress management 	<ul style="list-style-type: none"> • Communication • Collaboration, inclusion and relationship-building • Empathy building • Social awareness

