Year 10 GEM NSW Curriculum Summary Document



PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION										
Conter	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 PD5-3 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	PD5-7 plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities 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	 Strengthening personal identity Self-awareness Emotion and stress management 	 Communication Collaboration, inclusion and relationship-building Empathy building Social awareness 							

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

Curriculum	Strand/Skill Domain	Outcome	Lesson Number											
Area			8.1	8.2	9.1	9.2	10.1	10.2	11.1	11.2	12.1	12.2	13.1	13.2
	Health, Wellbeing and Relationships	<u>PD5-1</u>												
		PD5-3												
		PD5-9												
		PD5-10												
Personal	Healthy, Safe and Active Lifestyles	PD5-7												
Development, Health and		PD5-9												
Physical Education		PD5-10												
	Self-Management													
	<u>Interpersonal</u>													

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