

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>PD5-3 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>PD5-7 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

Curriculum Area	Strand/Skill Domain	Outcome	Inquiry Units			
			1.1	1.2	1.3	1.4
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>					
	<u>Interpersonal</u>					