

| 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 |

Year 9 GEM NSW Curriculum Summary Document



| Curriculum Area | Strand/Skill Domain | Outcome | Lesson Number | | Inquiry Units | |
|---|-------------------------------------|------------------------|---------------|------|---------------|-----|
| | | | 13.1 | 13.2 | 2.1 | 2.2 |
| Personal Development, Health and Physical Education | Health, Wellbeing and Relationships | PD5-1 | | | | |
| | | PD5-2 | | | | |
| | | PD5-3 | | | | |
| | | PD5-9 | | | | |
| | | PD5-10 | | | | |
| | Healthy, Safe and Active Lifestyles | PD5-2 | | | | |
| | | PD5-7 | | | | |
| | | PD5-9 | | | | |
| | | PD5-10 | | | | |
| | <u>Self-Management</u> | | | | | |
| | <u>Interpersonal</u> | | | | | |