

lifeskills



Curriculum Map

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This guide shows how the Life Skills GO learning areas map to your curriculum

Australian Curriculum

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• AUSTRALIAN CURRICULUM •

Foundation Year

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AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

FOUNDATION YEAR

FOUNDATION YEAR	ACPPS							ACPMP						
	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Self-awareness														
Self-awareness														
What is self-awareness?														
What are emotions?					●									
Identifying emotions														
Communicating feelings														
Self-confidence														
What is self-confidence?	●													
Identifying strengths	●													
Sharing thoughts and feelings														
Mindfulness														
What is mindfulness?				●										
Being mindful				●										
Focussing attention: anchor breath														
Managing emotions														
Gratitude														
What is gratitude?					●									
Being grateful					●									
Showing appreciation				●										



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

FOUNDATION YEAR

FOUNDATION YEAR	ACPPS							ACPMP						
	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Self-management														
Honesty														
What is honesty?														
Telling the truth														
Sharing thoughts and feelings														
Resilience														
What is resilience?														
Replacing negative thoughts														
Self-regulation														
What is self-regulation?														
Calming emotions														
Focussing attention														
Persistence														
What is persistence?														
Achieving my goals														
Bravery														
What is bravery?			●		●									
Trying new things			●		●									
Speaking up														
Taking healthy risks														



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

FOUNDATION YEAR

FOUNDATION YEAR	ACPPS							ACPMP						
	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Self-management cont.														
Growth mindset														
What is growth mindset?														
Taking responsibility for learning														
Setting goals														
Achieving my goals														
Learning from mistakes														
Optimism														
What is optimism?														
Positive expectations														
Curiosity														
What is curiosity?														
Love of learning														



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

FOUNDATION YEAR

FOUNDATION YEAR	ACPPS							ACPMP						
	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Compassion														
What is compassion?														
Empathising with others														
Showing compassion														
Positive relationships														
Social intelligence														
What is social intelligence?				●										
Social skill: Making friends				●										
Social skill: Nurturing friendships				●										
Social skill: Listening respectfully														
Social skill: Building trust														
Social skill: Forgiving others														
Social skill: Negotiating conflict														
Team mindset														
What is team mindset?														
Being a team player														
Collaborating with others														
Following the rules														●
Mindful communication														



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

FOUNDATION YEAR

FOUNDATION YEAR	ACPPS							ACPMP						
	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Wise decisions														
Leadership														
What is leadership?														
Using initiative														
Mindful communication														
Respectful listening				●										
Thinking it through														
Taking healthy risks			●											
Creativity														
What is creativity?														
Generating ideas														
Inquiring and exploring														
Learning from mistakes														
Critical thinking														
What is critical thinking?	●													
Considering perspectives														
Identifying problems														
Evaluating solutions														

HEALTH AND PHYSICAL EDUCATION • FOUNDATION YEAR

Being healthy, safe and active ACPPS	001	Identify personal strengths
	002	Name parts of the body and describe how their body is growing and changing
	003	Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy
Communicating & interacting for health and wellbeing ACPPS	004	Practise personal and social skills to interact positively with others
	005	Identify and describe emotional responses people may experience in different situations
Contributing to health and active communities ACPPS	006	Identify actions that promote health, safety and wellbeing
	007	Participate in play that promotes engagement with outdoor settings and the natural environment
Moving our body ACPMP	008	Practise fundamental movement skills and movement sequences using different body parts
	009	Participate in games with and without equipment
Understanding movement ACPMP	010	Explore how regular physical activity keeps individuals healthy and well
	011	Identify and describe how their body moves in relation to effort, space, time, objects and people
Learning through movement ACPMP	012	Cooperate with others when participating in physical activities
	013	Test possible solutions to movement challenges through trial and error
	014	Follow rules when participating in physical activities



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • FOUNDATION YEAR

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

FOUNDATION YEAR	Self-awareness						Self-management				Social awareness			Social management					Inquiring	Generating ideas			Reflecting	Interacting and empathising with others	
	004	005	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006
Self-awareness																									
What is self-awareness?					●																				
What are emotions?																									
Identifying emotions			●																						
Communicating feelings																									
Self-confidence																									
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Focussing attention: anchor breath						●																			
Managing emotions		●																							
Gratitude																									
What is gratitude?																									
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • FOUNDATION YEAR

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

Self-awareness						Self-management					Social awareness			Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
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FOUNDATION YEAR	004	005	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006		
Self-management																											
Honesty																											
What is honesty?													●														
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What is persistence?																											
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Bravery																											
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • FOUNDATION YEAR

- PERSONAL AND SOCIAL CAPABILITY
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	Self-awareness						Self-management				Social awareness			Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
FOUNDATION YEAR	004	005	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006	
Self-management cont.																										
Growth mindset																										
What is growth mindset?						●																				
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Love of learning																			●							



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • FOUNDATION YEAR

• PERSONAL AND SOCIAL CAPABILITY

• CRITICAL AND CREATIVE THINKING

• INTERCULTURAL UNDERSTANDING

	Self-awareness						Self-management				Social awareness			Social management				Inquiring	Generating ideas			Reflecting	Interacting and empathising with others		
FOUNDATION YEAR	004	005	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006
Physical awareness																									
What is physical awareness?																									
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • FOUNDATION YEAR

• PERSONAL AND SOCIAL CAPABILITY

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	Self-awareness						Self-management				Social awareness		Social management						Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
FOUNDATION YEAR	004	005	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006	
Compassion																										
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Mindful communication														●												



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • FOUNDATION YEAR

- PERSONAL AND SOCIAL CAPABILITY
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FOUNDATION YEAR	004	005	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006	
Wise decisions																										
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Learning from mistakes										●									●							
Critical thinking																										
What is critical thinking?																			●				●			
Considering perspectives																									●	
Identifying problems												●														
Evaluating solutions																						●				

HEALTH AND PHYSICAL EDUCATION • FOUNDATION YEAR

Personal and Social Capability	004	recognise and identify participation in or completion of a task
	005	recognise and identify how their emotions influence the way they feel and act
	012	identify a range of emotions and describe situations that may evoke these emotions
	013	identify their likes and dislikes, needs and wants, and explore what influences these
	014	identify their abilities, talents and interests as learners
	015	reflect on their feelings as learners and how their efforts affect skills and achievements
	016	express their emotions constructively in interactions with others
	017	follow class routines to assist learning
	018	attempt tasks independently and identify when and from whom help can be sought
	019	identify situations that feel safe or unsafe, approaching new situations with confidence
	020	acknowledge that people hold many points of view
	021	describe ways they can help at home and school
	022	explore relationships through play and group experiences
	023	identify positive ways to initiate, join and interrupt conversations with adults and peers
	024	share experiences of cooperation in play and group activities
	025	identify options when making decisions to meet their needs and the needs of others
	026	listen to others' ideas, and recognise that others may see things differently from them
027	identify ways to take responsibility for familiar tasks at home and school	
Critical and creative thinking	001	pose factual and exploratory questions based on personal interests and experiences
	004	use imagination to view or create things in new ways and connect two things that seem different
	005	suggest alternative and creative ways to approach a given situation or task
	006	predict what might happen in a given situation and when putting ideas into action
	007	describe what they are thinking and give reasons why
Intercultural Understanding	005	express their opinions and listen to the opinions of others in given situations
	006	imagine and describe their own feelings if they were put in someone else's place

Years 1-2

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AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 1-2

YEARS 1-2	ACPPS										ACPMF						
	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Self-awareness																	
Self-awareness																	
What is self-awareness?																	
What are emotions?						●											
Identifying emotions																	
Communicating feelings																	
Self-confidence																	
What is self-confidence?	●																
Identifying strengths	●													●			
Sharing thoughts and feelings																	
Mindfulness																	
What is mindfulness?				●													
Being mindful				●													
Focussing attention: anchor breath																	
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What is gratitude?				●													
Being grateful				●													
Showing appreciation					●												



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 1-2

YEARS 1-2	ACPPS										ACPMF						
	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Self-management																	
Honesty																	
What is honesty?																	
Telling the truth																	
Sharing thoughts and feelings	●																
Resilience																	
What is resilience?																	
Replacing negative thoughts																	
Self-regulation																	
What is self-regulation?				●													
Calming emotions				●													
Focussing attention																	
Persistence																	
What is persistence?																	
Achieving my goals																	
Bravery																	
What is bravery?			●														
Trying new things			●														
Speaking up																	
Taking healthy risks																	



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 1-2

YEARS 1-2	ACPPS										ACPMP						
	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Self-management cont.																	
Growth mindset																	
What is growth mindset?																	
Taking responsibility for learning																	
Setting goals																	
Achieving my goals																	
Learning from mistakes																	
Optimism																	
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Curiosity																	
What is curiosity?																	
Love of learning																	



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 1-2

YEARS 1-2	ACPPS										ACPMP						
	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Physical awareness																	
What is physical awareness?													●				
My brain: parts of the brain		●															
The prefrontal cortex		●															
The limbic area		●															
The brain stem		●															
Mindful body													●				
Mindful eating				●													
Social awareness																	
Respect																	
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Self-respect			●														
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Appreciating diversity					●					●							
Kindness																	
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Showing kindness					●												
Empathy																	
What is empathy?																	
Empathising with others																	
Considering perspectives																	



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 1-2

YEARS 1-2	ACPPS										ACPMF						
	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Compassion																	
What is compassion?																	
Empathising with others																	
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Positive relationships																	
Social intelligence																	
What is social intelligence?					●												
Social skill: Making friends					●												
Social skill: Nurturing friendships					●												
Social skill: Listening respectfully																	
Social skill: Building trust																	
Social skill: Forgiving others																	
Social skill: Negotiating conflict																	
Team mindset																	
What is team mindset?																	
Being a team player																	
Collaborating with others																	
Following the rules																	●
Mindful communication																	



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 1-2

YEARS 1-2	ACPPS										ACPMF						
	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Wise decisions																	
Leadership																	
What is leadership?																	
Using initiative																	
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Identifying problems																	
Evaluating solutions																	

HEALTH AND PHYSICAL EDUCATION • YEARS 1-2

Being healthy, safe and active ACPPS	015	Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities
	016	Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these
	017	Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation
	018	Recognise situations and opportunities to promote health, safety and wellbeing
Communicating & interacting for health and wellbeing ACPPS	019	Describe ways to include others to make them feel they belong
	020	Identify and practise emotional responses that account for own and others' feelings
	021	Examine health messages and how they relate to health decisions and behaviours
Contributing to health and active communities ACPPS	022	Explore actions that help make the classroom a healthy, safe and active place
	023	Identify and explore natural and built environments in the local community where physical activity can take place
	024	Recognise similarities and differences in individuals and groups, and explore how these are celebrated and respected
Moving our body ACPMP	025	Perform fundamental movement skills in a variety of movement sequences and situations
	027	Create and participate in games with and without equipment
Understanding movement ACPMP	028	Discuss the body's reactions to participating in physical activities
	029	Incorporate elements of effort, space, time, objects and people in performing simple movement sequences
Learning through movement ACPMP	030	Use strategies to work in group situations when participating in physical activities
	031	Propose a range of alternatives and test their effectiveness when solving movement challenges
	032	Identify rules and fair play when participating in physical activities

AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 1-2



- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

YEARS 1-2	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas			Reflecting	Interacting and empathising with others	
	028	029	030	031	032	033	034	035	036	037	038	039	040	041	042	043		013	016	017		018	019
Self-awareness																							
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What is self-awareness?			●																				
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 1-2



- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
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	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
	028	029	030	031	032	033	034	035	036	037	038	039	040	041	042	043		013	016	017	018		019	014
YEARS 1-2																								
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 1-2



- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness			Self-management				Social awareness			Social management				Inquiring	Generating ideas			Reflecting	Interacting and empathising with others				
	028	029	030	031	032	033	034	035	036	037	038	039	040	041		042	043	013		016	017	018	019	014
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 1-2

- PERSONAL AND SOCIAL CAPABILITY
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- INTERCULTURAL UNDERSTANDING

YEARS 1-2	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas			Reflecting	Interacting and empathising with others	
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Physical awareness																							
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 1-2



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Compassion																							
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AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 1-2



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Wise decisions																							
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Taking healthy risks																	●						
Creativity																							
What is creativity?																							
Generating ideas																							
Inquiring and exploring																							
Learning from mistakes																							
Critical thinking																							
What is critical thinking?																							
Considering perspectives																							
Identifying problems																							
Evaluating solutions																							

GENERAL CAPABILITY • YEARS 1-2

Personal and Social Capability	028	Compare their emotional responses with those of their peers
	029	Identify and describe personal interests, skills and achievements and explain how these contribute to family and school life
	030	Discuss their strengths and weaknesses as learners and identify some learning strategies to assist them
	031	Reflect on what they have learnt about themselves from a range of experiences at home and school
	032	Describe ways to express emotions to show awareness of the feelings and needs of others
	033	Set goals in learning and personal organisation by completing tasks within a given time
	034	Work independently on routine tasks and experiment with strategies to complete other tasks where appropriate
	035	Undertake and persist with short tasks, within the limits of personal safety
	036	Describe similarities and differences in points of view between themselves and people in their communities
	037	Describe how they contribute to their homes, classrooms and local communities, and how others care for and assist them
	038	Identify ways to care for others, including ways of making and keeping friends
	039	Discuss the use of verbal and nonverbal communication skills to respond appropriately to adults and peers
	040	Identify cooperative behaviours in a range of group activities
	041	Practise individual and group decision making in situations such as class meetings and when working in pairs and small groups
	042	Practise solving simple interpersonal problems, recognising there are many ways to solve conflict
043	Discuss ways in which they can take responsibility for their own actions	
Critical and creative thinking	013	Pose questions to identify and clarify issues, and compare information in their world
	016	Build on what they know to create ideas and possibilities in ways that are new to them
	017	Identify and compare creative ideas to think broadly about a given situation or problem
	018	Investigate options and predict possible outcomes when putting ideas into action
	019	Describe the thinking strategies used in given situations and tasks
Intercultural Understanding	014	Express their own perspectives on familiar topics and texts and identify the perspectives of others
	015	Imagine and describe the feelings of others in familiar situations

Years 3-4

pages 34 - 47



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 3-4

YEARS 3-4	ACPPS											ACPMP						
	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Self-awareness																		
Self-awareness																		
What is self-awareness?																		
What are emotions?						●												
Identifying emotions																		
Communicating feelings																		
Self-confidence																		
What is self-confidence?	●																	
Identifying strengths	●																	
Sharing thoughts and feelings																		
Mindfulness																		
What is mindfulness?				●														
Being mindful				●														
Focussing attention: anchor breath																		
Managing emotions		●																
Gratitude																		
What is gratitude?				●														
Being grateful				●														
Showing appreciation					●													



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 3-4

YEARS 3-4	ACPPS											ACPM						
	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Self-management																		
Honesty																		
What is honesty?																		
Telling the truth																		
Sharing thoughts and feelings																		
Resilience																		
What is resilience?																		
Replacing negative thoughts																		
Self-regulation																		
What is self-regulation?		●		●														
Calming emotions		●		●														
Focussing attention																		
Persistence																		
What is persistence?																		
Achieving my goals																		
Bravery																		
What is bravery?																		
Trying new things			●															
Speaking up																		
Taking healthy risks																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 3-4

YEARS 3-4	ACPPS											ACPMP						
	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Self-management cont.																		
Growth mindset																		
What is growth mindset?																		
Taking responsibility for learning																		
Setting goals																		
Achieving my goals																		
Learning from mistakes																		
Optimism																		
What is optimism?		●																
Positive expectations		●																
Curiosity																		
What is curiosity?																		
Love of learning																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 3-4

YEARS 3-4	ACPPS											ACPM						
	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Physical awareness																		
What is physical awareness?													●					
My brain: parts of the brain		●																
The prefrontal cortex		●																
The limbic area		●																
The brain stem		●																
Mindful body													●					
Mindful eating				●														
Social awareness																		
Respect																		
What is respect?					●													
Self-respect				●														
Respect for others					●													
Appreciating diversity					●					●								
Kindness																		
What is kindness?					●													
Showing kindness					●													
Empathy																		
What is empathy?					●													
Empathising with others					●													
Considering perspectives																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 3-4

YEARS 3-4	ACPPS											ACPM						
	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Compassion																		
What is compassion?																		
Empathising with others					●													
Showing compassion					●													
Positive relationships																		
Social intelligence																		
What is social intelligence?					●													
Social skill: Making friends					●													
Social skill: Nurturing friendships					●													
Social skill: Listening respectfully																		
Social skill: Building trust																		
Social skill: Forgiving others																		
Social skill: Negotiating conflict																		
Team mindset																		
What is team mindset?																		
Being a team player																		
Collaborating with others																		
Following the rules																		●
Mindful communication																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 3-4

YEARS 3-4	ACPPS											ACPMP						
	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Wise decisions																		
Leadership																		
What is leadership?																		
Using initiative																		
Mindful communication																		
Respectful listening																		
Thinking it through																		
Taking healthy risks																		
Creativity																		
What is creativity?																		
Generating ideas																		
Inquiring and exploring																		
Learning from mistakes																		
Critical thinking																		
What is critical thinking?																		
Considering perspectives					●													
Identifying problems																		
Evaluating solutions																		

HEALTH AND PHYSICAL EDUCATION • YEARS 3-4

Being healthy, safe and active ACPPS	033	Explore how success, challenge and failure strengthen identities
	034	Explore strategies to manage physical, social and emotional change
	035	Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe
	036	Identify and practise strategies to promote health, safety and wellbeing
Communicating & interacting for health and wellbeing ACPPS	037	Describe how respect, empathy and valuing diversity can positively influence relationships
	038	Investigate how emotional responses vary in depth and strength
	039	Discuss and interpret health information and messages in the media and internet
Contributing to health and active communities ACPPS	040	Describe strategies to make the classroom and playground healthy, safe and active spaces
	041	Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing
	042	Research own heritage and cultural identities, and explore strategies to respect and value diversity
Moving our body ACPMP	043	Practise and refine fundamental movement skills in a variety of movement sequences and situations
	045	Practise and apply movement concepts and strategies with and without equipment
Understanding movement ACPMP	046	Examine the benefits of physical activity to health and wellbeing
	047	Combine elements of effort, space, time, objects and people when performing movement sequences
Learning through movement ACPMP	048	Adopt inclusive practices when participating in physical activities
	049	Apply innovative and creative thinking in solving movement challenges
	050	Apply basic rules and scoring systems, and demonstrate fair play when participating in physical activities



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 3-4

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
YEARS 3-4	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	025	028	029	030	031	023	024	
Self-awareness																								
Self-awareness																								
What is self-awareness?			●																					
What are emotions?																								
Identifying emotions	●																							
Communicating feelings												●												
Self-confidence																								
What is self-confidence?		●		●																				
Identifying strengths		●		●																				
Sharing thoughts and feelings											●													
Mindfulness																								
What is mindfulness?																								
Being mindful											●													
Focussing attention: anchor breath							●																	
Managing emotions					●																			
Gratitude																								
What is gratitude?																								
Being grateful																								
Showing appreciation																								



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 3-4

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
YEARS 3-4	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	025	028	029	030	031	023	024	
Self-management																								
Honesty																								
What is honesty?										●														
Telling the truth										●														
Sharing thoughts and feelings				●						●														
Resilience																								
What is resilience?																			●					
Replacing negative thoughts																			●					
Self-regulation																								
What is self-regulation?					●																			
Calming emotions					●																			
Focussing attention						●																		
Persistence																								
What is persistence?								●																
Achieving my goals			●					●																
Bravery																								
What is bravery?								●																
Trying new things								●																
Speaking up											●													
Taking healthy risks								●																



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 3-4

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness			Self-management				Social awareness			Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others		
YEARS 3-4	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	025	028	029	030	031	023	024	
Self-management cont.																								
Growth mindset																								
What is growth mindset?			●																					
Taking responsibility for learning							●																	
Setting goals						●																		
Achieving my goals			●																					
Learning from mistakes																			●					
Optimism																								
What is optimism?								●																
Positive expectations								●																
Curiosity																								
What is curiosity?																	●							
Love of learning																	●							



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 3-4

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
YEARS 3-4	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	025	028	029	030	031	023	024	
Physical awareness																								
What is physical awareness?																								
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The prefrontal cortex																								
The limbic area																								
The brain stem																								
Mindful body																								
Mindful eating																								
Social awareness																								
Respect																								
What is respect?																								
Self-respect										●														
Respect for others																								
Appreciating diversity																								
Kindness																								
What is kindness?																								
Showing kindness										●														
Empathy																								
What is empathy?																							●	
Empathising with others																							●	
Considering perspectives																						●		



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 3-4

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness				Self-management				Social awareness				Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	025		028	029	030	031		023	024
YEARS 3-4																									
Compassion																									
What is compassion?										●															
Empathising with others																									●
Showing compassion																									●
Positive relationships																									
Social intelligence																									
What is social intelligence?																									
Social skill: Making friends											●														
Social skill: Nurturing friendships											●														
Social skill: Listening respectfully												●													
Social skill: Building trust												●													
Social skill: Forgiving others												●													
Social skill: Negotiating conflict																●									
Team mindset																									
What is team mindset?													●												
Being a team player													●												
Collaborating with others													●												
Following the rules																									
Mindful communication												●													



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 3-4

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas			Reflecting	Interacting and empathising with others	
YEARS 3-4	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	025	028	029	030	031	023	024
Wise decisions																							
Leadership																							
What is leadership?															●								
Using initiative															●								
Mindful communication											●												
Respectful listening											●												
Thinking it through														●	●								
Taking healthy risks								●															
Creativity																							
What is creativity?																		●					
Generating ideas																		●					
Inquiring and exploring																	●						
Learning from mistakes			●																				
Critical thinking																							
What is critical thinking?																	●				●		
Considering perspectives																						●	
Identifying problems										●													
Evaluating solutions																				●			

GENERAL CAPABILITY • YEARS 3-4

Personal and Social Capability	044	Describe the influence that people, situations and events have on their emotions
	045	Describe personal strengths and challenges and identify skills they wish to develop
	046	Identify and describe factors and strategies that assist their learning
	047	Reflect on personal strengths and achievements, based on self-assessment strategies and teacher feedback
	048	Identify and describe strategies to manage and moderate emotions in increasingly unfamiliar situations
	049	Explain the value of self-discipline and goal-setting in helping them to learn
	050	Consider, select and adopt a range of strategies for working independently and taking initiative
	051	Persist with tasks when faced with challenges and adapt their approach where first attempts are not successful
	052	Discuss the value of diverse perspectives and describe a point of view that is different from their own
	053	Identify the various communities to which they belong and what they can do to make a difference
	054	Describe factors that contribute to positive relationships, including with people at school and in their community
	055	Identify communication skills that enhance relationships for particular groups and purposes
	056	Describe characteristics of cooperative behaviour and identify evidence of these in group activities
	057	Contribute to and predict the consequences of group decisions in a range of situations
	058	Identify a range of conflict resolution strategies to negotiate positive outcomes to problems
059	Discuss the concept of leadership and identify situations where it is appropriate to adopt this role	
Critical and creative thinking	025	Pose questions to expand their knowledge about the world
	028	Expand on known ideas to create new and imaginative combinations
	029	Explore situations using creative thinking strategies to propose a range of alternatives
	030	Experiment with a range of options when seeking solutions and putting ideas into action
	031	Reflect on, explain and check the processes used to come to conclusions
Intercultural Understanding	023	Identify and describe shared perspectives within and across various cultural groups
	024	Imagine and describe the feelings of others in a range of contexts

Years 5-6

pages 49 - 62



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 5-6

YEARS 5-6	ACPPS											ACPM						
	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Self-awareness																		
Self-awareness																		
What is self-awareness?																		
What are emotions?						●												
Identifying emotions																		
Communicating feelings																		
Self-confidence																		
What is self-confidence?																		
Identifying strengths																		
Sharing thoughts and feelings					●													
Mindfulness																		
What is mindfulness?				●														
Being mindful				●														
Focussing attention: anchor breath																		
Managing emotions		●																
Gratitude																		
What is gratitude?				●														
Being grateful				●														
Showing appreciation					●													



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 5-6

YEARS 5-6	ACPPS											ACPMF						
	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Self-management																		
Honesty																		
What is honesty?					●													
Telling the truth					●													
Sharing thoughts and feelings											●							
Resilience																		
What is resilience?																		
Replacing negative thoughts																		
Self-regulation																		
What is self-regulation?		●		●														
Calming emotions		●		●														
Focussing attention																		
Persistence																		
What is persistence?																		
Achieving my goals																		
Bravery																		
What is bravery?																		
Trying new things				●														
Speaking up																		
Taking healthy risks																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 5-6

YEARS 5-6	ACPPS											ACPMP						
	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Self-management cont.																		
Growth mindset																		
What is growth mindset?																		
Taking responsibility for learning																		
Setting goals																		
Achieving my goals																		
Learning from mistakes																		
Optimism																		
What is optimism?		●																
Positive expectations		●																
Curiosity																		
What is curiosity?																		
Love of learning																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 5-6

YEARS 5-6	ACPPS											ACPMP						
	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Physical awareness																		
What is physical awareness?													●					
My brain: parts of the brain		●																
The prefrontal cortex		●																
The limbic area		●																
The brain stem		●																
Mindful body													●					
Mindful eating				●														
Social awareness																		
Respect																		
What is respect?					●													
Self-respect				●														
Respect for others					●													
Appreciating diversity					●					●								
Kindness																		
What is kindness?					●													
Showing kindness					●													
Empathy																		
What is empathy?					●													
Empathising with others					●													
Considering perspectives																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 5-6

YEARS 5-6	ACPPS											ACPMP						
	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Compassion																		
What is compassion?																		
Empathising with others					●													
Showing compassion					●													
Positive relationships																		
Social intelligence																		
What is social intelligence?					●													
Social skill: Making friends					●													
Social skill: Nurturing friendships					●													
Social skill: Listening respectfully																		
Social skill: Building trust																		
Social skill: Forgiving others																		
Social skill: Negotiating conflict																		
Team mindset																		
What is team mindset?																		
Being a team player																		
Collaborating with others																		
Following the rules																		●
Mindful communication																		



AUSTRALIAN CURRICULUM • HEALTH AND PHYSICAL EDUCATION

YEARS 5-6

YEARS 5-6	ACPPS											ACPMP						
	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Wise decisions																		
Leadership																		
What is leadership?																		
Using initiative																		
Mindful communication																		
Respectful listening																		
Thinking it through																		
Taking healthy risks																		
Creativity																		
What is creativity?																		
Generating ideas																		
Inquiring and exploring																		
Learning from mistakes																		
Critical thinking																		
What is critical thinking?																		
Considering perspectives					●													
Identifying problems																		
Evaluating solutions																		

HEALTH AND PHYSICAL EDUCATION • YEARS 5-6

Being healthy, safe and active ACPPS	051	Examine how identities are influenced by people and places
	052	Investigate resources and strategies to manage changes and transitions associated with puberty
	053	Investigate community resources and ways to seek help about health, safety and wellbeing
	054	Plan and practise strategies to promote health, safety and wellbeing
Communicating & interacting for health and wellbeing ACPPS	055	Practise skills to establish and manage relationships
	056	Examine the influence of emotional responses on behaviour and relationships
	057	Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours
Contributing to health and active communities ACPPS	058	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities
	059	Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments
	060	Identify how valuing diversity positively influences the wellbeing of the community
Moving our body ACPMP	061	Practise specialised movement skills and apply them in a variety of movement sequences and situations
	063	Propose and apply movement concepts and strategies with and without equipment
Understanding movement ACPMP	064	Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing
	065	Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences
Learning through movement ACPMP	066	Participate in physical activities from their own and others' cultures, and examine how involvement creates community connections and intercultural understanding
	067	Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities
	068	Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges
	069	Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 5-6

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

YEARS 5-6	Self-awareness				Self-management				Social awareness				Social management				Inquiring	Generating ideas			Reflecting	Interacting and empathising with others	
	060	061	062	063	064	065	066	067	068	069	070	071	072	073	074	075	037	040	041	042	043	032	033
Self-awareness																							
Self-awareness																							
What is self-awareness?	●																						
What are emotions?																							
Identifying emotions	●																						
Communicating feelings											●												
Self-confidence																							
What is self-confidence?		●																					
Identifying strengths		●	●																				
Sharing thoughts and feelings										●													
Mindfulness																							
What is mindfulness?																							
Being mindful										●													
Focussing attention: anchor breath						●																	
Managing emotions					●																		
Gratitude																							
What is gratitude?																							
Being grateful																							
Showing appreciation																							



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 5-6

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

YEARS 5-6	Self-awareness			Self-management				Social awareness			Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
	060	061	062	063	064	065	066	067	068	069	070	071	072	073	074	075	037	040	041	042	043	032	033
Self-management																							
Honesty																							
What is honesty?											●												
Telling the truth											●												
Sharing thoughts and feelings		●																					
Resilience																							
What is resilience?																							
Replacing negative thoughts																							
Self-regulation																							
What is self-regulation?					●																		
Calming emotions					●																		
Focussing attention						●																	
Persistence																							
What is persistence?											●												
Achieving my goals					●						●												
Bravery																							
What is bravery?											●												
Trying new things											●												
Speaking up																●							
Taking healthy risks											●												



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 5-6

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

YEARS 5-6	Self-awareness			Self-management				Social awareness			Social management					Inquiring	Generating ideas			Reflecting	Interacting and empathising with others			
	060	061	062	063	064	065	066	067	068	069	070	071	072	073	074	075	037	040	041	042	043	032	033	
Self-management cont.																								
Growth mindset																								
What is growth mindset?				●																				
Taking responsibility for learning							●																	
Setting goals						●																		
Achieving my goals				●																				
Learning from mistakes																			●					
Optimism																								
What is optimism?								●																
Positive expectations								●																
Curiosity																								
What is curiosity?																	●							
Love of learning																	●							



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 5-6

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

YEARS 5-6	Self-awareness			Self-management				Social awareness			Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
	060	061	062	063	064	065	066	067	068	069	070	071	072	073	074	075	037	040	041	042	043	032	033
Compassion																							
What is compassion?										●													
Empathising with others																							●
Showing compassion																							●
Positive relationships																							
Social intelligence																							
What is social intelligence?																							
Social skill: Making friends											●												
Social skill: Nurturing friendships											●												
Social skill: Listening respectfully												●											
Social skill: Building trust												●											
Social skill: Forgiving others												●											
Social skill: Negotiating conflict																●							
Team mindset																							
What is team mindset?													●										
Being a team player													●										
Collaborating with others													●										
Following the rules										●													
Mindful communication												●											



AUSTRALIAN CURRICULUM • GENERAL CAPABILITY • YEARS 5-6

- PERSONAL AND SOCIAL CAPABILITY
- CRITICAL AND CREATIVE THINKING
- INTERCULTURAL UNDERSTANDING

YEARS 5-6	Self-awareness				Self-management				Social awareness			Social management					Inquiring	Generating ideas				Reflecting	Interacting and empathising with others	
	060	061	062	063	064	065	066	067	068	069	070	071	072	073	074	075	037	040	041	042	043	032	033	
Wise decisions																								
Leadership																								
What is leadership?																●								
Using initiative																●								
Mindful communication											●													
Respectful listening											●													
Thinking it through													●	●										
Taking healthy risks							●																	
Creativity																								
What is creativity?																		●						
Generating ideas																		●						
Inquiring and exploring																	●							
Learning from mistakes				●																				
Critical thinking																								
What is critical thinking?																	●				●			
Considering perspectives																							●	
Identifying problems										●														
Evaluating solutions																				●				

GENERAL CAPABILITY • YEARS 5-6

Personal and Social Capability	060	Explain how the appropriateness of emotional responses influences behaviour
	061	Describe the influence that personal qualities and strengths have on their learning outcomes
	062	Identify preferred learning styles and work habits
	063	Monitor their progress, seeking and responding to feedback from teachers to assist them in consolidating strengths, addressing weaknesses and fulfilling their potential
	064	Explain the influence of emotions on behaviour, learning and relationships
	065	Analyse factors that influence ability to self-regulate; devise and apply strategies to monitor own behaviour and set realistic learning goals
	066	Assess the value of working independently, and taking initiative to do so where appropriate
	067	Devise strategies and formulate plans to assist in the completion of challenging tasks and the maintenance of personal safety
	068	Explain how means of communication differ within and between communities and identify the role these play in helping or hindering understanding of others
	069	Identify a community need or problem and consider ways to take action to address it
	070	Identify the differences between positive and negative relationships and ways of managing these
	071	Identify and explain factors that influence effective communication in a variety of situations
	072	Contribute to groups and teams, suggesting improvements in methods used for group investigations and projects
	073	Identify factors that influence decision making and consider the usefulness of these in making their own decisions
	074	Identify causes and effects of conflict, and practise different strategies to diffuse or resolve conflict situations
075	Initiate or help to organise group activities that address a common need	
Critical and creative thinking	037	Pose questions to clarify and interpret information and probe for causes and consequences
	040	Combine ideas in a variety of ways and from a range of sources to create new possibilities
	041	Identify situations where current approaches do not work, challenge existing ideas and generate alternative solutions
	042	Assess and test options to identify the most effective solution and to put ideas into action
	043	Reflect on assumptions made, consider reasonable criticism and adjust their thinking if necessary
Intercultural Understanding	032	Explain perspectives that differ to expand their understanding of an issue
	033	Imagine and describe the situations of others in local, national and global contexts

• NSW CURRICULUM •

Foundation Year

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NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

KINDERGARTEN

SYLLABUS OUTCOMES

KINDERGARTEN	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Self-awareness											
Self-awareness											
What is self-awareness?	●										
What are emotions?									●		
Identifying emotions									●		
Communicating feelings									●		
Self-confidence											
What is self-confidence?	●										
Identifying strengths	●										
Sharing thoughts and feelings		●									
Mindfulness											
What is mindfulness?						●	●				
Being mindful						●	●				
Focussing attention: anchor breath									●		
Managing emotions	●								●		
Gratitude											
What is gratitude?						●	●				
Being grateful						●	●				
Showing appreciation			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

KINDERGARTEN

SYLLABUS OUTCOMES

KINDERGARTEN	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Self-management											
Honesty											
What is honesty?			●							●	
Telling the truth			●							●	
Sharing thoughts and feelings											
Resilience											
What is resilience?		●									
Replacing negative thoughts		●									
Self-regulation											
What is self-regulation?						●	●				
Calming emotions						●	●		●		
Focussing attention									●		
Persistence											
What is persistence?		●									
Achieving my goals		●									
Bravery											
What is bravery?		●									
Trying new things		●									
Speaking up		●	●							●	
Taking healthy risks		●									



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

KINDERGARTEN

SYLLABUS OUTCOMES

KINDERGARTEN	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Self-management cont.											
Growth mindset											
What is growth mindset?											
Taking responsibility for learning											
Setting goals											
Achieving my goals											
Learning from mistakes											
Optimism											
What is optimism?		●									
Positive expectations		●									
Curiosity											
What is curiosity?											
Love of learning											



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

KINDERGARTEN

SYLLABUS OUTCOMES

KINDERGARTEN	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Wise decisions											
Leadership											
What is leadership?			●				●			●	
Using initiative			●				●			●	
Mindful communication			●							●	
Respectful listening			●							●	
Thinking it through		●	●							●	
Taking healthy risks		●									
Creativity											
What is creativity?											
Generating ideas											
Inquiring and exploring											
Learning from mistakes											
Critical thinking											
What is critical thinking?											
Considering perspectives											
Identifying problems		●					●				
Evaluating solutions											

NSW PDHPE K-10 SYLLABUS OUTCOME

KINDERGARTEN	PDe - 1	Identifies who they are and how people grow and change
	PDe - 2	Identifies people and demonstrates protective strategies that help keep themselves healthy, resilient and safe
	PDe - 3	Communicates ways to be caring, inclusive and respectful of others
	PDe - 4	Practises and demonstrates movement skills and sequences using different body parts
	PDe - 5	Explores possible solutions to movement challenges through participation in a range of activities
	PDe - 6	Explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity
	PDe - 7	Identifies actions that promote health, safety, wellbeing and physically active spaces
	PDe - 8	Explores how regular physical activity keeps individuals healthy
	PDe - 9	Practises self-management skills in familiar and unfamiliar scenarios
	PDe - 10	Uses interpersonal skills to effectively interact with others
	PDe - 11	Demonstrates how the body moves in relation to space, time, objects, effort and people

Years 1-2

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NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 1-2

SYLLABUS OUTCOMES											
YEARS 1-2	PD1-1	PD1-2	PD1-3	PD1-4	PD1-5	PD1-6	PD1-7	PD1-8	PD1-9	PD1-10	PD1-11
Self-awareness											
Self-awareness											
What is self-awareness?	●										
What are emotions?									●		
Identifying emotions									●		
Communicating feelings									●		
Self-confidence											
What is self-confidence?	●										
Identifying strengths	●										
Sharing thoughts and feelings		●									
Mindfulness											
What is mindfulness?						●	●				
Being mindful						●	●				
Focussing attention: anchor breath											
Managing emotions	●								●		
Gratitude											
What is gratitude?						●	●				
Being grateful						●	●				
Showing appreciation			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 1-2

SYLLABUS OUTCOMES

YEARS 1-2	PD1-1	PD1-2	PD1-3	PD1-4	PD1-5	PD1-6	PD1-7	PD1-8	PD1-9	PD1-10	PD1-11
Self-management											
Honesty											
What is honesty?			●							●	
Telling the truth			●							●	
Sharing thoughts and feelings		●									
Resilience											
What is resilience?		●									
Replacing negative thoughts		●									
Self-regulation											
What is self-regulation?						●	●				
Calming emotions						●	●		●		
Focussing attention											
Persistence											
What is persistence?		●									
Achieving my goals		●									
Bravery											
What is bravery?		●									
Trying new things		●									
Speaking up		●	●							●	
Taking healthy risks		●									



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 1-2

SYLLABUS OUTCOMES

YEARS 1-2	PD1-1	PD1-2	PD1-3	PD1-4	PD1-5	PD1-6	PD1-7	PD1-8	PD1-9	PD1-10	PD1-11
Self-management cont.											
Growth mindset											
What is growth mindset?											
Taking responsibility for learning											
Setting goals											
Achieving my goals											
Learning from mistakes											
Optimism											
What is optimism?		●									
Positive expectations		●									
Curiosity											
What is curiosity?											
Love of learning											



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS
YEARS 1-2

SYLLABUS OUTCOMES

YEARS 1-2	PD1-1	PD1-2	PD1-3	PD1-4	PD1-5	PD1-6	PD1-7	PD1-8	PD1-9	PD1-10	PD1-11
Physical awareness											
What is physical awareness?	●							●			
My brain: parts of the brain	●							●			
The prefrontal cortex	●							●			
The limbic area	●							●			
The brain stem	●							●			
Mindful body								●			
Mindful eating						●	●				
Social awareness											
Respect											
What is respect?			●							●	
Self-respect						●	●				
Respect for others			●							●	
Appreciating diversity	●		●							●	
Kindness											
What is kindness?			●							●	
Showing kindness			●							●	
Empathy											
What is empathy?			●							●	
Empathising with others			●							●	
Considering perspectives			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS
YEARS 1-2

SYLLABUS OUTCOMES

YEARS 1-2	PD1-1	PD1-2	PD1-3	PD1-4	PD1-5	PD1-6	PD1-7	PD1-8	PD1-9	PD1-10	PD1-11
Compassion											
What is compassion?							●				
Empathising with others			●							●	
Showing compassion			●				●			●	
Positive relationships											
Social intelligence											
What is social intelligence?			●							●	
Social skill: Making friends			●							●	
Social skill: Nurturing friendships			●							●	
Social skill: Listening respectfully			●							●	
Social skill: Building trust			●							●	
Social skill: Forgiving others			●							●	
Social skill: Negotiating conflict			●							●	
Team mindset											
What is team mindset?			●							●	
Being a team player			●							●	
Collaborating with others			●							●	
Following the rules			●							●	
Mindful communication			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 1-2

SYLLABUS OUTCOMES

YEARS 1-2	PD1-1	PD1-2	PD1-3	PD1-4	PD1-5	PD1-6	PD1-7	PD1-8	PD1-9	PD1-10	PD1-11
Wise decisions											
Leadership											
What is leadership?			●				●			●	
Using initiative			●				●			●	
Mindful communication			●							●	
Respectful listening			●							●	
Thinking it through		●	●							●	
Taking healthy risks		●									
Creativity											
What is creativity?											
Generating ideas											
Inquiring and exploring											
Learning from mistakes											
Critical thinking											
What is critical thinking?											
Considering perspectives											
Identifying problems		●					●				
Evaluating solutions											

NSW PDHPE K-10 SYLLABUS OUTCOME

YEARS 1-2	PD1 - 1	Describes the qualities and characteristics that make them similar and different to others
	PD1 - 2	Recognises and describes strategies people can use to feel comfortable, resilient and safe in situations
	PD1 - 3	Recognises and describes the qualities that enhance inclusive and respectful relationships
	PD1 - 4	Performs movement skills in a variety of sequences and situations
	PD1 - 5	Proposes a range of alternatives to solve movement challenges through participation in a range of activities
	PD1 - 6	Understands contextual factors that influence themselves and others' health, safety, wellbeing and participation in physical activity
	PD1 - 7	Explores actions that help make home and school healthy, safe and physically active spaces
	PD1 - 8	Participates in a range of opportunities that promote physical activity
	PD1 - 9	Demonstrates self-management skills in taking responsibility for their own actions
	PD1 - 10	Describes and practises interpersonal skills to promote inclusion to make themselves and others feel they belong
	PD1 - 11	Incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences

Years 3-4

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NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 3-4

SYLLABUS OUTCOMES

YEARS 3-4	PD2-1	PD2-2	PD2-3	PD2-4	PD2-5	PD2-6	PD2-7	PD2-8	PD2-9	PD2-10	PD2-11
Self-awareness											
Self-awareness											
What is self-awareness?	●										
What are emotions?									●		
Identifying emotions									●		
Communicating feelings									●		
Self-confidence											
What is self-confidence?									●		
Identifying strengths	●										
Sharing thoughts and feelings		●									
Mindfulness											
What is mindfulness?						●	●				
Being mindful						●	●				
Focussing attention: anchor breath											
Managing emotions	●								●		
Gratitude											
What is gratitude?						●	●				
Being grateful						●	●				
Showing appreciation			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 3-4

SYLLABUS OUTCOMES											
YEARS 3-4	PD2-1	PD2-2	PD2-3	PD2-4	PD2-5	PD2-6	PD2-7	PD2-8	PD2-9	PD2-10	PD2-11
Self-management											
Honesty											
What is honesty?			●							●	
Telling the truth			●							●	
Sharing thoughts and feelings		●									
Resilience											
What is resilience?		●									
Replacing negative thoughts		●									
Self-regulation											
What is self-regulation?	●					●	●		●		
Calming emotions	●					●	●		●		
Focussing attention											
Persistence											
What is persistence?		●									
Achieving my goals		●									
Bravery											
What is bravery?		●									
Trying new things		●									
Speaking up			●							●	
Taking healthy risks		●									



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 3-4

SYLLABUS OUTCOMES

YEARS 3-4	PD2-1	PD2-2	PD2-3	PD2-4	PD2-5	PD2-6	PD2-7	PD2-8	PD2-9	PD2-10	PD2-11
Self-management cont.											
Growth mindset											
What is growth mindset?											
Taking responsibility for learning											
Setting goals											
Achieving my goals											
Learning from mistakes											
Optimism											
What is optimism?	●	●							●		
Positive expectations	●	●							●		
Curiosity											
What is curiosity?											
Love of learning											



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS
YEARS 3-4

SYLLABUS OUTCOMES

YEARS 3-4	PD2-1	PD2-2	PD2-3	PD2-4	PD2-5	PD2-6	PD2-7	PD2-8	PD2-9	PD2-10	PD2-11
Physical awareness											
What is physical awareness?	●							●			
My brain: parts of the brain	●							●			
The prefrontal cortex	●							●			
The limbic area	●							●			
The brain stem	●							●			
Mindful body								●			
Mindful eating						●	●				
Social awareness											
Respect											
What is respect?			●							●	
Self-respect			●			●	●			●	
Respect for others			●							●	
Appreciating diversity	●		●							●	
Kindness											
What is kindness?			●							●	
Showing kindness			●							●	
Empathy											
What is empathy?			●							●	
Empathising with others			●							●	
Considering perspectives			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 3-4

SYLLABUS OUTCOMES											
YEARS 3-4	PD2-1	PD2-2	PD2-3	PD2-4	PD2-5	PD2-6	PD2-7	PD2-8	PD2-9	PD2-10	PD2-11
Compassion											
What is compassion?							●				
Empathising with others			●							●	
Showing compassion							●				
Positive relationships											
Social intelligence											
What is social intelligence?			●							●	
Social skill: Making friends			●							●	
Social skill: Nurturing friendships			●							●	
Social skill: Listening respectfully			●							●	
Social skill: Building trust			●							●	
Social skill: Forgiving others			●							●	
Social skill: Negotiating conflict			●							●	
Team mindset											
What is team mindset?			●							●	
Being a team player			●							●	
Collaborating with others			●							●	
Following the rules			●							●	
Mindful communication			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 3-4

SYLLABUS OUTCOMES

YEARS 3-4	PD2-1	PD2-2	PD2-3	PD2-4	PD2-5	PD2-6	PD2-7	PD2-8	PD2-9	PD2-10	PD2-11
Wise decisions											
Leadership											
What is leadership?							●				
Using initiative			●				●			●	
Mindful communication			●							●	
Respectful listening			●							●	
Thinking it through		●	●							●	
Taking healthy risks		●									
Creativity											
What is creativity?											
Generating ideas											
Inquiring and exploring											
Learning from mistakes											
Critical thinking											
What is critical thinking?											
Considering perspectives											
Identifying problems		●					●				
Evaluating solutions											

NSW PDHPE K-10 SYLLABUS OUTCOME

YEARS 3-4	PD2 - 1	Explores strategies to manage physical, social and emotional change
	PD2 - 2	Explains and uses strategies to develop resilience and to make them feel comfortable and safe
	PD2 - 3	Explains how empathy, inclusion and respect can positively influence relationships
	PD2 - 4	Performs and refines movement skills in a variety of sequences and situations
	PD2 - 5	Applies strategies to solve movement challenges
	PD2 - 6	Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity
	PD2 - 7	Describes strategies to make home and school healthy, safe and physically active spaces
	PD2 - 8	Investigates and participates in physical activities to promote the benefits of physical activity on health and wellbeing
	PD2 - 9	Demonstrates self-management skills to respond to their own and others' actions
	PD2 - 10	Demonstrates a range of interpersonal skills that build and enhance relationships and promote inclusion in various situations
	PD2 - 11	Combines movement skills and concepts to effectively create and perform movement sequences

Years 5-6

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NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS YEARS 5-6

SYLLABUS OUTCOMES

YEARS 5-6	PD3-1	PD3-2	PD3-3	PD3-4	PD3-5	PD3-6	PD3-7	PD3-8	PD3-9	PD3-10	PD3-11
Self-awareness											
Self-awareness											
What is self-awareness?	●										
What are emotions?									●		
Identifying emotions									●		
Communicating feelings									●		
Self-confidence											
What is self-confidence?	●										
Identifying strengths	●								●		
Sharing thoughts and feelings		●									
Mindfulness											
What is mindfulness?						●	●				
Being mindful						●	●				
Focussing attention: anchor breath											
Managing emotions	●								●		
Gratitude											
What is gratitude?						●	●				
Being grateful						●	●				
Showing appreciation			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 5-6

SYLLABUS OUTCOMES

YEARS 5-6	PD3-1	PD3-2	PD3-3	PD3-4	PD3-5	PD3-6	PD3-7	PD3-8	PD3-9	PD3-10	PD3-11
Self-management											
Honesty											
What is honesty?			●							●	
Telling the truth			●							●	
Sharing thoughts and feelings		●									
Resilience											
What is resilience?		●									
Replacing negative thoughts		●									
Self-regulation											
What is self-regulation?	●					●	●		●		
Calming emotions	●					●	●		●		
Focussing attention											
Persistence											
What is persistence?		●									
Achieving my goals		●									
Bravery											
What is bravery?		●									
Trying new things		●									
Speaking up			●							●	
Taking healthy risks		●									



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS YEARS 5-6

SYLLABUS OUTCOMES

YEARS 5-6	PD3-1	PD3-2	PD3-3	PD3-4	PD3-5	PD3-6	PD3-7	PD3-8	PD3-9	PD3-10	PD3-11
Self-management cont.											
Growth mindset											
What is growth mindset?											
Taking responsibility for learning											
Setting goals											
Achieving my goals											
Learning from mistakes											
Optimism											
What is optimism?	●	●									
Positive expectations	●	●							●		
Curiosity											
What is curiosity?											
Love of learning											



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS YEARS 5-6

SYLLABUS OUTCOMES

YEARS 5-6	PD3-1	PD3-2	PD3-3	PD3-4	PD3-5	PD3-6	PD3-7	PD3-8	PD3-9	PD3-10	PD3-11
Physical awareness											
What is physical awareness?	●							●			
My brain: parts of the brain	●							●			
The prefrontal cortex	●							●			
The limbic area	●							●			
The brain stem	●							●			
Mindful body								●			
Mindful eating						●	●				
Social awareness											
Respect											
What is respect?			●							●	
Self-respect			●			●	●			●	
Respect for others			●							●	
Appreciating diversity	●		●							●	
Kindness											
What is kindness?			●							●	
Showing kindness		●	●							●	
Empathy											
What is empathy?			●							●	
Empathising with others			●							●	
Considering perspectives			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS YEARS 5-6

SYLLABUS OUTCOMES

YEARS 5-6	PD3-1	PD3-2	PD3-3	PD3-4	PD3-5	PD3-6	PD3-7	PD3-8	PD3-9	PD3-10	PD3-11
Compassion											
What is compassion?							●				
Empathising with others			●							●	
Showing compassion							●				
Positive relationships											
Social intelligence											
What is social intelligence?			●							●	
Social skill: Making friends			●							●	
Social skill: Nurturing friendships			●							●	
Social skill: Listening respectfully			●							●	
Social skill: Building trust			●							●	
Social skill: Forgiving others			●							●	
Social skill: Negotiating conflict			●							●	
Team mindset											
What is team mindset?			●							●	
Being a team player			●							●	
Collaborating with others			●							●	
Following the rules			●							●	
Mindful communication			●							●	



NSW • PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION K-10 SYLLABUS

YEARS 5-6

SYLLABUS OUTCOMES

YEARS 5-6	PD3-1	PD3-2	PD3-3	PD3-4	PD3-5	PD3-6	PD3-7	PD3-8	PD3-9	PD3-10	PD3-11
Wise decisions											
Leadership											
What is leadership?							●				
Using initiative			●				●			●	
Mindful communication			●							●	
Respectful listening			●							●	
Thinking it through		●	●							●	
Taking healthy risks		●									
Creativity											
What is creativity?											
Generating ideas											
Inquiring and exploring											
Learning from mistakes											
Critical thinking											
What is critical thinking?											
Considering perspectives			●							●	
Identifying problems		●					●				
Evaluating solutions											

NSW PDHPE K-10 SYLLABUS OUTCOME

YEARS 5-6	PD3 - 1	Identifies and applies strengths and strategies to manage life changes and transitions
	PD3 - 2	Investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others
	PD3 - 3	Evaluates the impact of empathy, inclusion and respect on themselves and others
	PD3 - 4	Adapts movement skills in a variety of physical activity contexts
	PD3 - 5	Proposes, applies and assesses solutions to movement challenges
	PD3 - 6	Distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable
	PD3 - 7	Proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces
	PD3 - 8	Creates and participates in physical activities to promote healthy and active lifestyles
	PD3 - 9	Applies and adapts self-management skills to respond to personal and group situations
	PD3 - 10	Selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections
	PD3 - 11	Selects, manipulates and modifies movement skills and concepts to effectively create and perform movement sequences