

# lifeskills



## Resource 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

# AUSTRALIAN CURRICULUM - HEALTH AND PHYSICAL EDUCATION - FOUNDATION YEAR



	BEING HEALTHY, SAFE AND ACTIVE			COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING		CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES		MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS			ACPPS		ACPPS		ACPMP		ACPMP		ACPMP		
FOUNDATION YEAR	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Balloon Breath					●									
Mindful Anchor			●											
Weather Report					●									
Mindful Sensations		●												
Mindful Generosity					●									
Mindful Kindness				●	●									
Five Things I See, Hear and Feel														
Journey into the Body		●												
Hand Breathing					●									
Focussed Attention														
Shiny Ball						●								
Mindful Gratitude				●	●									
Wave Breath					●									
Mindful Seeing							●							
Glitter Jar					●									
Mindful Eating						●								
Mindful Leaf						●								
Mindful Walking		●									●			
Smile Mindfully					●									



	BEING HEALTHY, SAFE AND ACTIVE			COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING		CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES		MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS			ACPPS		ACPPS		ACPMP		ACPMP		ACPMP		
FOUNDATION YEAR	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Spell Your Name With Belly Breaths						●								
7-11						●								
Five Finger Breathing						●								
Belly Breathing						●								
Hole Digging Breath						●								
Mindful Body						●								
Moments of Gratitude				●	●									
Mindful Communication				●										
Mindful Mountain Breath						●								
Back to Back Breathing				●										
Stopping with the Bell														
Ocean Inside					●									
Feather Breath						●	●							
Smell and Share							●							
Brain Bubbles				●										
Mindful Flower					●		●							
Candle Breath					●									
Angel Breath					●									



	BEING HEALTHY, SAFE AND ACTIVE			COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING		CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES		MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS			ACPPS		ACPPS		ACPMP		ACPMP		ACPMP		
FOUNDATION YEAR	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Seeing Seeds		●					●							
Lazy 8's					●									
Mindful Memory														
Special Bells				●										
Mindful Wave				●				●				●		
Sea Land Sky	●									●				
Sammy the Snake					●					●				
123 Tree							●		●					●
Mirror Me				●				●				●		
Tables and Chairs				●						●		●		●
Crabs and Dogs										●		●	●	●
Ball Clap				●				●				●		●
Caterpillar Relay				●				●	●					
Octopus Splodge				●	●							●	●	
Forest Game				●			●		●			●		
Jungle Freeze							●	●					●	
Igloo Villages				●					●			●		
Trip to the Snow		●		●					●			●		
Frog Hop Relay				●				●	●					



	BEING HEALTHY, SAFE AND ACTIVE			COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING		CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES		MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS			ACPPS		ACPPS		ACPMP		ACPMP		ACPMP		
FOUNDATION YEAR	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Cat and Mouse				●				●				●		●
Over Under and Around				●					●			●		
Changing Spots								●	●					●
Emu Tag				●					●					●
Lizard Tag				●			●		●			●	●	●
Circle and Spot								●					●	
Seaweed				●			●					●	●	●
Plank and Boat Ball				●				●	●			●		
Balloon Relay		●		●				●	●			●		
Pass and Move	●			●	●			●				●		
Crab Soccer				●				●				●		
Peggy Sleeve				●			●	●				●		
Around the Block		●						●						
Collect the Rocks				●				●				●		●
Bean Bag Shuffle				●				●	●			●		
Pom Pom Grab				●				●				●		●
Penguin Game				●			●					●		
Train Tip				●					●			●	●	
Here There Everywhere								●		●		●		●



	BEING HEALTHY, SAFE AND ACTIVE			COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING		CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES		MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS			ACPPS		ACPPS		ACPMP		ACPMP		ACPMP		
FOUNDATION YEAR	001	002	003	004	005	006	007	008	009	010	011	012	013	014
Dodge and Shadows				●					●			●		
Jumping Logs					●			●				●		
Dropsies				●					●			●		
Bats and Bugs				●			●					●		
Rockets Blasting Off								●	●	●				
Freeze Jump Tips				●				●	●	●				●
Caterpillar Tip				●			●	●	●			●		●
Ice Cream and Fire	●			●			●	●	●	●		●	●	●
Mindful Listening				●	●									



## 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	Identify and describe how their body moves in relation to effort, space, time, objects and people
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	GENERAL IDEAS			REFLECTING	INTERACTING AND EMPATHISING WITH OTHERS	
	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006
Balloon Breath																							
Mindful Anchor																							
Weather Report	●																						
Mindful Sensations																							
Mindful Generosity									●														
Mindful Kindness																							
Five Things I See, Hear and Feel				●																			
Journey into the Body																							
Hand Breathing																							
Focussed Attention			●	●																			
Shiny Ball																							
Mindful Gratitude																							
Wave Breath								●															
Mindful Seeing																							
Glitter Jar	●																						
Mindful Eating																							
Mindful Leaf																							
Mindful Walking																							
Smile Mindfully	●																						



	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL IDEAS			REFLECTING	INTERACTING AND EMPATHISING WITH OTHERS	
	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006
<b>FOUNDATION YEAR</b>																							
Spell Your Name With Belly Breaths																							
7-11																							
Five Finger Breathing																							
Belly Breathing																							
Hole Digging Breath																							
Mindful Body																							
Moments of Gratitude																							
Mindful Communication																							
Mindful Mountain Breath																							
Back to Back Breathing																							
Stopping with the Bell																							
Ocean Inside	●																						
Feather Breath																							
Smell and Share	●																						
Brain Bubbles																							
Mindful Flower																							
Candle Breath																							
Angel Breath																							
Seeing Seeds																							



FOUNDATION YEAR	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS			SOCIAL MANAGEMENT					INQUIRING	GENERAL IDEAS				REFLECTING	INTERACTING AND EMPATHISING WITH OTHERS	
	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006	
Lazy 8's																								
Mindful Memory			●	●																				
Special Bells												●												
Mindful Wave												●												
Sea Land Sky																								
Sammy the Snake																								
123 Tree																								
Mirror Me												●												
Tables and Chairs												●												
Crabs and Dogs												●												
Ball Clap												●												
Caterpillar Relay												●												
Octopus Splodge												●												
Forest Game												●												
Jungle Freeze																	●			●				
Igloo Villages												●												
Trip to the Snow												●												
Frog Hop Relay												●												
Cat and Mouse												●												



	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL IDEAS				REFLECTING	INTERACTING AND EMPATHISING WITH OTHERS	
	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006	
FOUNDATION YEAR																								
Over Under and Around													●											
Changing Spots																								
Emu Tag				●																				
Lizard Tag													●											
Circle and Spot																		●	●					
Seaweed													●											
Plank and Boat Ball				●									●											
Balloon Relay													●											
Pass and Move													●											
Crab Soccer				●																				
Peggy Sleeve													●											
Around the Block				●																				
Collect the Rocks				●									●											
Bean Bag Shuffle	●			●									●											
Pom Pom Grab				●									●											
Penguin Game				●									●											
Train Tip													●											
Here There Everywhere													●											
Dodge and Shadows				●									●											



FOUNDATION YEAR	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL IDEAS			REFLECTING	INTERACTING AND EMPATHISING WITH OTHERS	
	012	013	014	015	016	017	018	019	020	021	022	023	024	025	026	027	001	004	005	006	007	005	006
Jumping Logs				●									●										
Dropsies				●									●										
Bats and Bugs													●										
Rockets Blasting Off				●																			
Freeze Jump Tips													●										
Caterpillar Tip													●										
Ice Cream and Fire				●									●										
Mindful Listening																							

## GENERAL CAPABILITY - FOUNDATION YEAR

Personal and Social Capability	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
Critical and creative thinking	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
	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
Intercultural Understanding	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
	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



# AUSTRALIAN CURRICULUM - HEALTH AND PHYSICAL EDUCATION - YEARS 1-2



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP		ACPMP		
YEARS 1-2	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Balloon Breath			●														
Mindful Listening					●												
Mindful Anchor			●														
Weather Report						●											
Mindful Sensations													●				
Mindful Generosity																	
Mindful Kindness					●												
Five Things I See, Hear and Feel																	
Journey into the Body				●													
Hand Breathing			●														
Focussed Attention																	
Shiny Ball			●														
Mindful Gratitude				●													
Wave Breath			●														
Mindful Seeing			●														
Glitter Jar																	
Mindful Eating				●													
Mindful Leaf				●													
Mindful Walking													●				



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP		ACPMP		
YEARS 1-2	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Smile Mindfully																	
Spell Your Name With Belly Breaths				●													
7-11			●														
Five Finger Breathing			●														
Belly Breathing			●														
Hole Digging Breath			●														
Mindful Body				●													
Moments of Gratitude				●													
Mindful Communication					●												
Mindful Mountain Breath				●													
Back to Back Breathing																	
Stopping with the Bell								●									
Ocean Inside						●											
Feather Breath			●														
Smell and Share				●													
Brain Bubbles																	
Mindful Flower				●					●								
Candle Breath			●														



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP		ACPMP		
YEARS 1-2	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Angel Breath			●														
Seeing Seeds		●															
Lazy 8's			●														
Mindful Memory																	
Special Bells																	
Mindful Wave											●	●			●		
Sea Land Sky												●	●				
Sammy the Snake											●	●					●
123 Tree												●			●		●
Mirror Me												●		●			
Tables and Chairs					●							●	●		●		
Crabs and Dogs					●							●	●		●	●	
Ball Clap					●						●	●			●		
Caterpillar Relay	●											●	●				
Octopus Splodge					●							●			●	●	
Forest Game					●							●			●		
Jungle Freeze												●					
Igloo Villages					●							●	●		●		
Trip to the Snow												●	●	●	●		



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP		ACPMP		
YEARS 1-2	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Frog Hop Relay	●											●	●				
Cat and Mouse												●			●		●
Over Under and Around					●							●			●		
Changing Spots											●	●					●
Emu Tag												●	●				●
Lizard Tag												●			●	●	●
Circle and Spot												●				●	
Seaweed												●			●		●
Plank and Boat Ball											●	●		●	●		
Balloon Relay											●	●	●	●			
Pass and Move											●	●			●		
Crab Soccer												●			●	●	
Peggy Sleeve											●	●			●		
Around the Block											●	●	●				
Collect the Rocks											●	●			●		●
Bean Bag Shuffle											●	●		●	●		
Pom Pom Grab											●	●					
Penguin Game						●						●			●		
Train Tip												●			●	●	



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP		ACPMP		
YEARS 1-2	015	016	017	018	019	020	021	022	023	024	025	027	028	029	030	031	032
Here There Everywhere											●	●					
Dodge and Shadows												●	●		●		
Jumping Logs											●	●	●				
Dropsies												●			●		
Bats and Bugs												●			●		
Rockets Blasting Off											●	●	●	●			
Freeze Jump Tips											●	●	●		●		
Caterpillar Tip											●	●			●		
Ice Cream and Fire											●	●	●	●	●	●	●

## 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

	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT					INQUIRING	GENERAL 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	015	
<b>YEARS 1-2</b>																								
Balloon Breath																								
Mindful Listening																								
Mindful Anchor																								
Weather Report																								
Mindful Sensations																								
Mindful Generosity										●														
Mindful Kindness											●													
Five Things I See, Hear and Feel			●																					
Journey into the Body																								
Hand Breathing																								
Focussed Attention			●																					
Shiny Ball																								
Mindful Gratitude																								
Wave Breath																								
Mindful Seeing																								
Glitter Jar					●																			
Mindful Eating																								
Mindful Leaf										●														
Mindful Walking																								



	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL 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	015
<b>YEARS 1-2</b>																							
Smile Mindfully					●																		
Spell Your Name With Belly Breaths																							
7-11																							
Five Finger Breathing																							
Belly Breathing																							
Hole Digging Breath																							
Mindful Body																							
Moments of Gratitude	●																						
Mindful Communication		●										●											
Mindful Mountain Breath																							
Back to Back Breathing													●										
Stopping with the Bell																							
Ocean Inside																							
Feather Breath																							
Smell and Share																							
Brain Bubbles													●										
Mindful Flower																							
Candle Breath																							





	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT					INQUIRING	GENERAL 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	015	
<b>YEARS 1-2</b>																								
Angel Breath																								
Seeing Seeds				●																				
Lazy 8's																								
Mindful Memory			●																					
Special Bells			●																					
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Mirror Me												●	●											
Tables and Chairs												●	●											
Crabs and Dogs													●											
Ball Clap												●	●											
Caterpillar Relay								●					●											
Octopus Splodge													●											
Forest Game													●											
Jungle Freeze																		●		●				
Igloo Villages												●	●											
Trip to the Snow												●	●											



	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL 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	015
<b>YEARS 1-2</b>																							
Frog Hop Relay							●					●											
Cat and Mouse												●											
Over Under and Around												●											
Changing Spots																							
Emu Tag																							
Lizard Tag											●	●											
Circle and Spot																	●						
Seaweed												●	●										
Plank and Boat Ball											●	●											
Balloon Relay												●											
Pass and Move											●	●											
Crab Soccer													●										
Peggy Sleeve												●											
Around the Block																							
Collect the Rocks												●											
Bean Bag Shuffle											●	●											
Pom Pom Grab												●											
Penguin Game											●	●											
Train Tip											●	●	●										



	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL 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	015
<b>YEARS 1-2</b>																							
Here There Everywhere												●											
Dodge and Shadows											●	●											
Jumping Logs												●											
Dropsies												●											
Bats and Bugs												●											
Rockets Blasting Off																							
Freeze Jump Tips																							
Caterpillar Tip											●	●											
Ice Cream and Fire											●	●	●										

## 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
Critical and creative thinking	042	Practise solving simple interpersonal problems, recognising there are many ways to solve conflicts
	043	Discuss ways in which they can take responsibility for their own action
	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
Intercultural Understanding	018	Investigate options and predict possible outcomes when putting ideas into action
	019	Describe the thinking strategies used in given situations and tasks
	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



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT		LEARNING THROUGH MOVEMENT			
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP		ACPMP			
YEARS 3-4	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Balloon Breath																		
Mindful Listening																		
Mindful Anchor				●														
Weather Report		●		●														
Mindful Sensations				●														
Mindful Generosity																		
Mindful Kindness																		
Five Things I See, Hear and Feel																		
Journey into the Body		●																
Hand Breathing				●														
Focussed Attention																		
Shiny Ball				●														
Mindful Gratitude				●														
Wave Breath		●		●														
Mindful Seeing			●					●										
Glitter Jar						●												
Mindful Eating				●														
Mindful Leaf				●														
Mindful Walking												●		●				



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 3-4	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Smile Mindfully						●												
Spell Your Name With Belly Breaths				●														
7-11		●		●														
Five Finger Breathing				●														
Belly Breathing				●														
Hole Digging Breath				●														
Mindful Body				●														
Moments of Gratitude				●														
Mindful Communication					●													
Mindful Mountain Breath				●														
Back to Back Breathing					●													
Stopping with the Bell								●										
Ocean Inside		●		●														
Feather Breath				●														
Smell and Share				●														
Brain Bubbles		●		●														
Mindful Flower				●					●									
Candle Breath				●														



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 3-4	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Angel Breath				●														
Seeing Seeds	●	●																
Lazy 8's				●														
Mindful Memory																		
Special Bells																		
Mindful Wave											●	●				●		
Sea Land Sky													●				●	
Sammy the Snake											●							●
123 Tree												●						●
Mirror Me														●				
Tables and Chairs													●			●		
Crabs and Dogs													●			●	●	
Ball Clap											●					●		●
Caterpillar Relay	●										●		●					
Octopus Splodge												●				●		
Forest Game												●				●		
Jungle Freeze												●					●	
Igloo Villages												●				●	●	
Trip to the Snow												●		●		●		





	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 3-4	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Frog Hop Relay	●											●	●					
Cat and Mouse											●	●				●		●
Over Under and Around												●		●		●		
Changing Spots											●	●					●	●
Emu Tag			●									●	●				●	
Lizard Tag												●				●	●	●
Circle and Spot												●					●	
Seaweed												●					●	●
Plank and Boat Ball											●	●		●		●		
Balloon Relay											●	●	●	●				
Pass and Move											●	●				●		
Crab Soccer												●					●	●
Peggy Sleeve											●	●						●
Around the Block											●		●					
Collect the Rocks											●	●						●
Bean Bag Shuffle											●	●		●		●		
Pom Pom Grab											●	●				●		●
Penguin Game																●	●	
Train Tip												●					●	



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 3-4	033	034	035	036	037	038	039	040	041	042	043	045	046	047	108	048	049	050
Here There Everywhere											●		●					●
Dodge and Shadows												●		●		●		
Jumping Logs											●		●					
Dropsies												●						●
Bats and Bugs												●				●		●
Rockets Blasting Off											●		●	●				
Freeze Jump Tips											●	●	●					●
Caterpillar Tip											●	●				●		●
Ice Cream and Fire											●	●	●	●		●	●	●

## 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 space
	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 sequence
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	GENERAL 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		
<b>YEARS 3-4</b>																									
Balloon Breath																									
Mindful Listening											●														
Mindful Anchor			●																						
Weather Report					●																				
Mindful Sensations																									
Mindful Generosity	●										●														
Mindful Kindness	●										●														
Five Things I See, Hear and Feel			●																						
Journey into the Body																									
Hand Breathing			●																						
Focussed Attention			●			●																			
Shiny Ball																									
Mindful Gratitude	●																								
Wave Breath																									
Mindful Seeing																									
Glitter Jar					●																				
Mindful Eating																									
Mindful Leaf			●																						
Mindful Walking																									



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT					INQUIRING	GENERAL 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		
<b>YEARS 3-4</b>																									
Smile Mindfully					●																				
Spell Your Name With Belly Breaths					●																				
7-11					●																				
Five Finger Breathing			●																						
Belly Breathing																									
Hole Digging Breath																									
Mindful Body			●																						
Moments of Gratitude	●																								
Mindful Communication												●													
Mindful Mountain Breath					●																				
Back to Back Breathing																									
Stopping with the Bell													●												
Ocean Inside					●																				
Feather Breath																									
Smell and Share																									
Brain Bubbles													●												
Mindful Flower	●																								
Candle Breath			●																						



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

YEARS 3-4	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT					INQUIRING	GENERAL 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	
Angel Breath			●																					
Seeing Seeds																								
Lazy 8's			●																					
Mindful Memory			●																					
Special Bells													●											
Mindful Wave													●											
Sea Land Sky																								
Sammy the Snake																								●
123 Tree																								
Mirror Me																								
Tables and Chairs													●	●										
Crabs and Dogs													●											
Ball Clap													●	●										
Caterpillar Relay								●					●											
Octopus Splodge													●	●										
Forest Game								●					●	●										
Jungle Freeze																		●		●				
Igloo Villages													●											
Trip to the Snow													●											



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL 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	
<b>YEARS 3-4</b>																								
Frog Hop Relay								●					●											
Cat and Mouse													●											
Over Under and Around													●	●										
Changing Spots																								
Emu Tag																								
Lizard Tag								●					●	●										
Circle and Spot																				●	●			
Seaweed													●	●										
Plank and Boat Ball								●					●	●										
Balloon Relay													●											
Pass and Move	●												●	●										
Crab Soccer								●																
Peggy Sleeve													●											
Around the Block				●																				
Collect the Rocks								●					●											
Bean Bag Shuffle													●	●										
Pom Pom Grab													●											
Penguin Game	●												●	●		●								
Train Tip								●					●	●										



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

YEARS 3-4	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS				SOCIAL MANAGEMENT				INQUIRING	GENERAL 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
Here There Everywhere												●	●										
Dodge and Shadows												●	●		●								
Jumping Logs												●	●										
Dropsies							●					●	●										
Bats and Bugs												●	●										
Rockets Blasting Off				●				●															
Freeze Jump Tips																							
Caterpillar Tip												●	●										
Ice Cream and Fire				●				●				●	●										



## 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



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 5-6	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Balloon Breath				●														
Mindful Listening					●													
Mindful Anchor				●														
Weather Report				●														
Mindful Sensations				●														
Mindful Generosity					●													
Mindful Kindness					●													
Five Things I See, Hear and Feel																		
Journey into the Body		●																
Hand Breathing				●														
Focussed Attention																		
Shiny Ball				●														
Mindful Gratitude																		
Wave Breath		●		●														
Mindful Seeing				●														
Glitter Jar						●												
Mindful Eating				●														
Mindful Leaf		●																
Mindful Walking											●			●				



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 5-6	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Smile Mindfully				●		●												
Spell Your Name With Belly Breaths				●														
7-11				●														
Five Finger Breathing				●														
Belly Breathing				●														
Hole Digging Breath				●														
Mindful Body				●														
Moments of Gratitude																		
Mindful Communication					●													
Mindful Mountain Breath				●														
Back to Back Breathing					●													
Stopping with the Bell				●														
Ocean Inside				●														
Feather Breath				●														
Smell and Share				●														
Brain Bubbles					●													
Mindful Flower				●					●									
Candle Breath				●														



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 5-6	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Angel Breath				●														
Seeing Seeds	●																	
Lazy 8's				●														
Mindful Memory																		
Special Bells					●													
Mindful Wave											●	●	●	●				
Sea Land Sky													●				●	
Sammy the Snake												●						
123 Tree												●						●
Mirror Me														●				
Tables and Chairs													●			●		●
Crabs and Dogs													●			●	●	
Ball Clap											●					●		●
Caterpillar Relay											●		●			●		
Octopus Splodge												●				●	●	
Forest Game																●	●	
Jungle Freeze												●					●	
Igloo Villages											●	●	●			●		
Trip to the Snow													●	●		●		



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 5-6	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Frog Hop Relay											●		●			●		
Cat and Mouse											●	●				●		●
Over Under and Around												●				●		
Changing Spots											●	●	●					●
Emu Tag						●						●	●					●
Lizard Tag												●	●			●	●	●
Circle and Spot												●	●				●	
Seaweed												●	●			●		●
Plank and Boat Ball											●	●	●	●		●		
Pass and Move											●	●				●		
Crab Soccer											●	●	●				●	
Peggy Sleeve											●	●	●			●		●
Around the Block											●		●			●		
Collect the Rocks											●	●	●					●
Bean Bag Shuffle											●	●		●		●	●	
Pom Pom Grab											●	●	●			●		●
Penguin Game																●	●	
Train Tip												●	●			●	●	
Here There Everywhere													●			●		



	BEING HEALTHY, SAFE AND ACTIVE				COMMUNICATING & INTERACTING FOR HEALTH AND WELL BEING			CONTRIBUTING TO HEALTH AND ACTIVE COMMUNITIES			MOVING OUR BODY		UNDERSTANDING THE MOVEMENT			LEARNING THROUGH MOVEMENT		
	ACPPS				ACPPS			ACPPS			ACPMP		ACPMP			ACPMP		
YEARS 5-6	051	052	053	054	055	056	057	058	059	060	061	063	064	065	066	067	068	069
Dodge and Shadows												●	●	●		●		
Jumping Logs											●		●			●		
Dropsies																●		●
Bats and Bugs												●				●		●
Rockets Blasting Off											●		●	●				
Freeze Jump Tips											●	●	●					●
Caterpillar Tip											●	●	●			●		●
Ice Cream and Fire											●	●	●	●		●	●	●
Balloon Relay											●	●	●	●		●		

## 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 behaviour
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	GENERAL 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	
Balloon Breath																								
Mindful Listening																								
Mindful Anchor																								
Weather Report																								
Mindful Sensations																								
Mindful Generosity																								
Mindful Kindness																								
Five Things I See, Hear and Feel		●																						
Journey into the Body																								
Hand Breathing																								
Focussed Attention		●																						
Shiny Ball																								
Mindful Gratitude						●																		
Wave Breath																								
Mindful Seeing																								
Glitter Jar						●																		
Mindful Eating																								
Mindful Leaf																								
Mindful Walking																								



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

YEARS 5-6	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS			SOCIAL MANAGEMENT					INQUIRING	GENERAL 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	
Smile Mindfully																								
Spell Your Name With Belly Breaths																								
7-11																								
Five Finger Breathing																								
Belly Breathing																								
Hole Digging Breath																								
Mindful Body																								
Moments of Gratitude					●																			
Mindful Communication											●													
Mindful Mountain Breath																								
Back to Back Breathing											●													
Stopping with the Bell																								
Ocean Inside																								
Feather Breath																								
Smell and Share																								
Brain Bubbles																								
Mindful Flower																								
Candle Breath																								



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS			SOCIAL MANAGEMENT					INQUIRING	GENERAL 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
<b>YEARS 5-6</b>																							
Angel Breath																							
Seeing Seeds																							
Lazy 8's																							
Mindful Memory		●																					
Special Bells												●											
Mindful Wave												●											
Sea Land Sky																							
Sammy the Snake																							
123 Tree																							
Mirror Me																							
Tables and Chairs													●										
Crabs and Dogs																							
Ball Clap													●										
Caterpillar Relay				●																			
Octopus Splodge													●										
Forest Game													●										
Jungle Freeze																						●	
Igloo Villages													●										
Trip to the Snow													●										



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

YEARS 5-6	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS			SOCIAL MANAGEMENT					INQUIRING	GENERAL 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	
Frog Hop Relay				●				●																
Cat and Mouse												●												
Over Under and Around												●												
Changing Spots																								
Emu Tag																								
Lizard Tag								●				●												
Circle and Spot																								
Seaweed								●				●												
Plank and Boat Ball								●				●												
Pass and Move												●												
Crab Soccer																								
Peggy Sleeve																								
Around the Block																								
Collect the Rocks								●																
Bean Bag Shuffle												●												
Pom Pom Grab																								
Penguin Game								●				●												
Train Tip								●				●												
Here There Everywhere												●												



PERSONAL AND SOCIAL CAPABILITY

CRITICAL AND CREATIVE THINKING

INTERCULTURAL UNDERSTANDING

YEARS 5-6	SELF-AWARENESS				SELF-MANAGEMENT				SOCIAL AWARENESS			SOCIAL MANAGEMENT					INQUIRING	GENERAL 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	
Dodge and Shadows												●												
Jumping Logs												●												
Dropsies							●					●												
Bats and Bugs												●												
Rockets Blasting Off							●																	
Freeze Jump Tips																								
Caterpillar Tip												●												
Ice Cream and Fire							●					●												
Balloon Relay												●												

## 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
	Critical and creative thinking	037
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



FOUNDATION YEAR

SYLLABUS OUTCOMES

FOUNDATION YEAR	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Balloon Breath									●		
Mindful Anchor									●		
Weather Report									●		
Mindful Sensations		●									
Mindful Generosity							●				
Mindful Kindness			●								
Five Things I See, Hear and Feel									●		
Journey into the Body	●										
Hand Breathing									●		
Focussed Attention									●		
Shiny Ball									●		
Mindful Gratitude			●								
Wave Breath		●							●		
Mindful Seeing									●		
Glitter Jar		●							●		
Mindful Eating		●					●				
Mindful Leaf									●		
Mindful Walking											●
Smile Mindfully							●				





SYLLABUS OUTCOMES

FOUNDATION YEAR	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Spell Your Name With Belly Breaths							●		●		
7-11									●		
Five Finger Breathing									●		
Belly Breathing									●		
Hole Digging Breath									●		
Mindful Body									●		
Moments of Gratitude		●	●							●	
Mindful Communication			●							●	
Mindful Mountain Breath							●		●		
Back to Back Breathing										●	
Stopping with the Bell							●		●		●
Ocean Inside									●		
Feather Breath									●		
Smell and Share									●		
Brain Bubbles										●	
Mindful Flower		●									
Candle Breath									●		
Angel Breath									●		
Seeing Seeds	●					●					



SYLLABUS OUTCOMES

FOUNDATION YEAR	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Lazy 8's									●		
Mindful Memory									●		
Special Bells									●	●	
Mindful Wave				●						●	●
Sea Land Sky				●	●						
Sammy the Snake				●	●						
123 Tree	●			●							
Mirror Me	●			●						●	
Tables and Chairs			●	●				●		●	
Crabs and Dogs			●	●				●		●	
Ball Clap			●	●						●	
Caterpillar Relay				●				●		●	●
Octopus Splodge			●	●						●	●
Forest Game			●	●	●					●	
Jungle Freeze				●	●						●
Igloo Villages			●	●	●					●	●
Trip to the Snow				●				●			●
Frog Hop Relay				●				●		●	●
Cat and Mouse			●	●						●	●



SYLLABUS OUTCOMES

FOUNDATION YEAR	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Over Under and Around			●	●						●	●
Changing Spots			●	●	●						●
Emu Tag				●	●					●	●
Lizard Tag			●		●					●	●
Circle and Spot				●	●						●
Seaweed		●	●		●					●	●
Plank and Boat Ball			●	●	●					●	●
Balloon Relay			●	●	●			●		●	●
Pass and Move			●	●						●	●
Crab Soccer				●	●						
Peggy Sleeve			●	●	●		●				
Around the Block				●			●				●
Collect the Rocks			●	●	●				●		
Bean Bag Shuffle			●	●			●			●	●
Pom Pom Grab				●						●	●
Penguin Game		●	●		●		●			●	
Train Tip		●	●		●					●	●
Here There Everywhere				●			●	●			●
Dodge and Shadows			●	●						●	●



SYLLABUS OUTCOMES

FOUNDATION YEAR	PDe-1	PDe-2	PDe-3	PDe-4	PDe-5	PDe-6	PDe-7	PDe-8	PDe-9	PDe-10	PDe-11
Jumping Logs			●	●			●			●	●
Dropsies			●	●					●	●	●
Bats and Bugs			●		●					●	●
Rockets Blasting Off				●				●			●
Freeze Jump Tips				●	●		●			●	●
Caterpillar Tip			●	●	●		●			●	●
Ice Cream and Fire		●	●	●	●		●	●	●	●	●
Mindful Listening			●								

## NSW • PDHPE K-10 SYLLABUS OUTCOME

FOUNDATION YEAR	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



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
Balloon Breath									●		
Mindful Listening			●								
Mindful Anchor									●		
Weather Report		●							●		
Mindful Sensations						●					
Mindful Generosity			●								
Mindful Kindness			●								
Five Things I See, Hear and Feel									●		
Journey into the Body	●										
Hand Breathing									●		
Focussed Attention									●		
Shiny Ball									●		
Mindful Gratitude			●								
Wave Breath		●									
Mindful Seeing									●		
Glitter Jar									●		
Mindful Eating							●				
Mindful Leaf									●		
Mindful Walking											●



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
Smile Mindfully										●	
Spell Your Name With Belly Breaths		●									
7-11		●							●		
Five Finger Breathing									●		
Belly Breathing									●		
Hole Digging Breath									●		
Mindful Body									●		
Moments of Gratitude			●			●				●	
Mindful Communication			●							●	
Mindful Mountain Breath		●									
Back to Back Breathing			●							●	
Stopping with the Bell							●		●		
Ocean Inside		●							●		
Feather Breath		●									
Smell and Share		●							●		
Brain Bubbles										●	
Mindful Flower											
Candle Breath									●		





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
Angel Breath									●		
Seeing Seeds	●					●					
Lazy 8's									●		
Mindful Memory									●		
Special Bells									●	●	
Mindful Wave				●				●	●	●	●
Sea Land Sky											
Sammy the Snake				●				●			
123 Tree				●				●			
Mirror Me											
Tables and Chairs				●				●		●	
Crabs and Dogs			●	●				●		●	
Ball Clap				●				●		●	
Caterpillar Relay				●				●		●	
Octopus Splodge			●	●						●	
Forest Game			●	●				●		●	
Jungle Freeze				●	●			●			
Igloo Villages			●	●				●		●	
Trip to the Snow				●				●			●



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
Frog Hop Relay				●				●		●	
Cat and Mouse			●	●				●		●	
Over Under and Around			●	●				●		●	●
Changing Spots			●	●				●			●
Emu Tag				●	●			●			●
Lizard Tag			●		●			●		●	
Circle and Spot				●	●			●			
Seaweed				●	●			●			
Plank and Boat Ball				●	●			●		●	●
Balloon Relay			●	●	●			●		●	
Pass and Move			●	●				●		●	
Crab Soccer				●	●			●			
Peggy Sleeve				●			●	●			
Around the Block				●			●	●			
Collect the Rocks				●				●	●		
Bean Bag Shuffle			●	●				●	●	●	●
Pom Pom Grab				●				●		●	
Penguin Game		●	●		●					●	
Train Tip			●		●			●		●	



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
Here There Everywhere				●				●	●		
Dodge and Shadows				●				●		●	●
Jumping Logs				●				●		●	
Dropsies			●	●				●	●	●	
Bats and Bugs								●		●	
Rockets Blasting Off				●				●			●
Freeze Jump Tips				●				●		●	
Caterpillar Tip			●	●	●		●	●		●	
Ice Cream and Fire			●	●	●		●	●	●	●	●

## 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



# 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
Balloon Breath	●	●									
Mindful Listening										●	
Mindful Anchor	●								●		
Weather Report	●	●									
Mindful Sensations	●					●					
Mindful Generosity										●	
Mindful Kindness										●	
Five Things I See, Hear and Feel									●		
Journey into the Body	●										
Hand Breathing									●		
Focussed Attention									●		
Shiny Ball	●								●		
Mindful Gratitude			●								
Wave Breath	●								●		
Mindful Seeing									●		
Glitter Jar	●								●		
Mindful Eating							●				
Mindful Leaf									●		
Mindful Walking											●



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
Smile Mindfully										●	
Spell Your Name With Belly Breaths		●									
7-11		●							●		
Five Finger Breathing									●		
Belly Breathing	●	●									
Hole Digging Breath									●		
Mindful Body									●		
Moments of Gratitude		●	●			●				●	
Mindful Communication			●							●	
Mindful Mountain Breath		●									
Back to Back Breathing			●							●	
Stopping with the Bell							●		●		
Ocean Inside	●	●									
Feather Breath	●	●									
Smell and Share		●							●		
Brain Bubbles										●	
Mindful Flower		●									
Candle Breath									●		



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
Angel Breath									●		
Seeing Seeds	●					●					
Lazy 8's									●		
Mindful Memory									●		
Special Bells									●	●	
Mindful Wave				●				●	●	●	●
Sea Land Sky											
Sammy the Snake				●				●			
123 Tree				●				●			
Mirror Me											●
Tables and Chairs			●	●				●			●
Crabs and Dogs			●	●				●			●
Ball Clap			●	●				●		●	
Caterpillar Relay				●	●			●		●	
Octopus Splodge			●	●	●			●		●	
Forest Game			●	●				●		●	
Jungle Freeze				●	●			●			
Igloo Villages			●	●	●			●		●	
Trip to the Snow				●				●			●





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
Frog Hop Relay				●				●		●	
Cat and Mouse				●				●		●	
Over Under and Around				●				●		●	●
Changing Spots				●	●			●			
Emu Tag											
Lizard Tag					●			●		●	
Circle and Spot				●				●			
Seaweed				●	●			●		●	
Plank and Boat Ball											
Balloon Relay			●	●	●			●		●	
Pass and Move			●	●				●		●	
Crab Soccer				●	●			●			
Peggy Sleeve				●	●		●	●			
Around the Block				●			●	●			
Collect the Rocks				●	●			●	●		
Bean Bag Shuffle			●	●	●			●		●	
Pom Pom Grab				●				●		●	
Penguin Game		●	●		●					●	
Train Tip					●			●		●	



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
Here There Everywhere				●				●			
Dodge and Shadows				●				●		●	●
Jumping Logs				●				●		●	
Dropsies				●				●	●	●	
Bats and Bugs					●			●		●	
Rockets Blasting Off				●				●			●
Freeze Jump Tips				●	●		●	●		●	
Caterpillar Tip			●	●	●		●	●		●	
Ice Cream and Fire			●	●	●	●	●	●	●	●	●

## 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



# 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
Balloon Breath	●								●		
Mindful Listening									●		
Mindful Anchor	●								●		
Weather Report	●									●	
Mindful Sensations						●					
Mindful Generosity										●	
Mindful Kindness			●								
Five Things I See, Hear and Feel									●		
Journey into the Body	●										
Hand Breathing									●		
Focussed Attention									●		
Shiny Ball	●								●		
Mindful Gratitude			●								
Wave Breath	●								●		
Mindful Seeing									●		
Glitter Jar	●								●		
Mindful Eating							●				
Mindful Leaf									●		
Mindful Walking				●							●



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
Smile Mindfully										●	
Spell Your Name With Belly Breaths							●		●		
7-11									●		
Five Finger Breathing									●		
Belly Breathing	●								●		
Hole Digging Breath											
Mindful Body									●		
Moments of Gratitude			●			●				●	
Mindful Communication			●							●	
Mindful Mountain Breath							●		●		
Back to Back Breathing			●							●	
Stopping with the Bell							●		●		
Ocean Inside	●								●		
Feather Breath	●								●		
Smell and Share									●		
Brain Bubbles									●	●	
Mindful Flower							●				
Candle Breath									●		



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
Angel Breath									●		
Seeing Seeds	●					●					
Lazy 8's									●		
Mindful Memory									●		
Special Bells									●	●	
Mindful Wave				●				●	●	●	●
Sea Land Sky				●				●			
Sammy the Snake				●				●			
123 Tree				●				●			
Mirror Me											
Tables and Chairs			●	●				●			●
Crabs and Dogs											
Ball Clap			●	●				●		●	
Caterpillar Relay				●	●			●		●	
Octopus Splodge			●	●	●			●		●	
Forest Game			●	●				●		●	
Jungle Freeze				●	●			●			
Igloo Villages			●	●	●			●		●	
Trip to the Snow				●				●			●



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
Frog Hop Relay				●				●		●	
Cat and Mouse				●				●		●	
Over Under and Around				●				●		●	
Changing Spots				●	●			●			
Emu Tag											
Lizard Tag					●			●		●	
Circle and Spot				●				●			
Seaweed				●	●			●		●	
Plank and Boat Ball											
Pass and Move			●	●				●		●	
Crab Soccer				●	●			●			
Peggy Sleeve				●	●		●	●			
Around the Block				●			●	●			
Collect the Rocks				●	●			●	●		
Bean Bag Shuffle				●				●		●	
Pom Pom Grab				●				●		●	
Penguin Game			●		●					●	
Train Tip					●			●		●	
Here There Everywhere				●				●			





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
Dodge and Shadows				●				●		●	●
Jumping Logs				●				●		●	
Dropsies				●				●	●	●	
Bats and Bugs								●		●	
Rockets Blasting Off				●				●			●
Freeze Jump Tips				●			●	●		●	
Caterpillar Tip			●	●	●		●	●		●	
Ice Cream and Fire			●	●	●	●	●	●	●	●	●
Balloon Relay			●	●	●			●		●	

## 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