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Secondary Life Skills Objectives and Outcomes for years 7-10

PD, H, PE

OBJECTIVES	OUTCOMES	Current Instruction	Completes with Assistance	Competent to complete alone	Confident to complete alone	Generalises into other contexts
Students demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships.	PDLS-1 Recognises strategies to manage current and future challenges					
	PDLS-2 Demonstrates help-seeking strategies and behaviours					
	PDLS-3 Uses strategies to access health information and support services available in the community					
	PDLS-4 Uses appropriate strategies and behaviours to establish and maintain respectful relationships with others					
Students demonstrate an understanding of movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts.	PDLS-5 Demonstrates a range of movement skills in a variety of physical activity contexts					
	PDLS-6 Engages with ways to problem-solve in physical activity contexts					

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Students understand the significance of contextual factors that influence health, safety, wellbeing and participation in physical activity.	PDLS-7 Explores factors that enhance health, safety, wellbeing and participation in physical activity					
Students enact and strengthen health, safety, wellbeing and participation in physical activity.	PDLS-8 Uses appropriate and safe behaviours to promote healthy, safe and active lifestyles in a range of contexts					
	PDLS-9 Engages with components of a healthy, safe and balanced lifestyle					
Students develop and use self-management skills that enable them to take personal responsibility for their actions and emotions and take positive action to protect and enhance the health, safety and wellbeing of others.	PDLS-10 Develops skills for effective self-management					
Students develop interpersonal skills that enable them to interact effectively and respectfully with others, build and maintain respectful	PDLS-11 Uses appropriate interpersonal skills to engage respectfully with others in a variety of contexts					

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relationships and advocate for their own and others' health, safety, wellbeing and participation in physical activity.						
Students move with confidence, competence and creativity within and across various physical activity contexts.	PDLS-12 Demonstrates and adapts a range of movement skills in a variety of contexts					