

# DECISIONS

Decisions links to the NSW Personal Development, Health and Physical Education Syllabus - Stage 3 [years 5 & 6]

POST VISIT ACTIVITY		New K-10 PDHPE Syllabus	
<b>BELIEVE IT OR NOT</b>	<b>KEY INQUIRY QUESTIONS</b> How responsible am I for my own and others' health, safety and wellbeing?  What actions positively influence the health, safety and wellbeing of my community?	<b>SKILL DOMAINS</b> Interpersonal skills Self-management skills	<b>CONTENT STRANDS</b> Healthy, safe and active lifestyles
	<b>CONTEXTS FOR LEARNING</b> Alcohol and other drugs Personal identity Safety	<b>CONTENT DESCRIPTOR</b> Identifies factors that influence their health and behaviour e.g. media, advertising, family, friends, laws	<b>OUTCOMES</b> <b>PD3-1</b> identifies and applies strengths and strategies to manage life changes and transitions <b>PD3-2</b> investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others <b>PD3-6</b> distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable <b>PD3-7</b> proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces <b>PD3-9</b> applies and adapts self-management skills to respond to personal and group situations <b>PD3-10</b> selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections

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<p><b>DECISIONS IN THE BALANCE</b></p>	<p><b>KEY INQUIRY QUESTIONS</b></p> <p>How responsible am I for my own and others' health, safety and wellbeing?</p> <p>How does a healthy, safe and active lifestyle enhance connection with others?</p>	<p><b>SKILL DOMAINS</b></p> <p>Interpersonal skills Self-management skills</p> <p><b>CONTENT STRANDS</b></p> <p>Healthy, safe and active lifestyles</p> <p><b>CONTEXTS FOR LEARNING</b></p> <p>Alcohol and other drugs Personal identity Safety</p>	
<p><b>CONTENT DESCRIPTOR</b></p> <p>Identifies and demonstrates strategies to deal with unsafe situations and social dilemmas</p>	<p><b>OUTCOMES</b></p> <p><b>PD3-2</b> investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others</p> <p><b>PD3-6</b> distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable</p> <p><b>PD3-7</b> proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces</p> <p><b>PD3-9</b> applies and adapts self-management skills to respond to personal and group situations</p> <p><b>PD3-10</b> selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections</p>		

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<p><b>FACE THE FACTS</b></p>	<p><b>KEY INQUIRY QUESTIONS</b></p> <p>How does a healthy, safe and active lifestyle enhance connection with others?</p>	<p><b>SKILL DOMAINS</b></p> <p>Interpersonal skills Self-management skills</p> <p><b>CONTENT STRANDS</b></p> <p>Healthy, safe and active lifestyles</p> <p><b>CONTEXTS FOR LEARNING</b></p> <p>Alcohol and other drugs Personal identity Safety</p>	
	<p><b>CONTENT DESCRIPTOR</b></p> <p>Identify the physical, social, financial and legal consequences of legal/illegal drug use.</p>	<p><b>OUTCOMES</b></p> <p><b>PD3-1</b> identifies and applies strengths and strategies to manage life changes and transitions</p> <p><b>PD3-2</b> investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others</p> <p><b>PD3-7</b> proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces</p> <p><b>PD3-9</b> applies and adapts self-management skills to respond to personal and group situations</p> <p><b>PD3-10</b> selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections</p>	

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POST VISIT ACTIVITY		New K-10 PDHPE Syllabus	
<p><b>SEEKING ADVICE</b></p>	<p><b>KEY INQUIRY QUESTIONS</b></p> <p>How can I manage transitions and challenges?</p> <p>How does a healthy, safe and active lifestyle enhance connection with others?</p>	<p><b>SKILL DOMAINS</b></p> <p>Interpersonal skills Self-management skills</p> <p><b>CONTENT STRANDS</b></p> <p>Health, wellbeing and relationships Healthy, safe and active lifestyles</p> <p><b>CONTEXTS FOR LEARNING</b></p> <p>Alcohol and other drugs Personal identity Safety</p>	
	<p><b>CONTENT DESCRIPTOR</b></p> <p>Identifies factors that influence their health and behaviour e.g. media, advertising, family, friends, laws Identifies services or support networks where people/young people can seek help</p>	<p><b>OUTCOMES</b></p> <p><b>PD3-1</b> identifies and applies strengths and strategies to manage life changes and transitions</p> <p><b>PD3-2</b> investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others</p> <p><b>PD3-3</b> evaluates the impact of empathy, inclusion and respect on themselves and others</p> <p><b>PD3-7</b> proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces</p> <p><b>PD3-9</b> applies and adapts self-management skills to respond to personal and group situations</p>	

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<p><b>WHAT'S THE EFFECT?</b></p>	<p>Identify the physical, social, financial and legal consequences of legal/illegal drug use</p> <p>Identifies government and community strategies that advise, educate and inform people about how to maintain healthy and safe lifestyles e.g. campaigns, product labelling</p>	<p><b>KEY INQUIRY QUESTIONS</b></p> <p>What actions positively influence the health, safety and wellbeing of my community?</p>	<p><b>SKILL DOMAINS</b></p> <p>Interpersonal skills Self-management skills</p> <p><b>CONTENT STRANDS</b></p> <p>Health, wellbeing and relationships Healthy, safe and active lifestyles</p> <p><b>CONTEXTS FOR LEARNING</b></p> <p>Alcohol and other drugs Personal identity Safety</p>
<p><b>GRANTING APPROVAL</b></p>	<p>Describes the laws governing the advertising, sale and use of a variety of legal drugs</p> <p>Identifies government and community strategies that advise, educate and inform people how to maintain healthy and safe lifestyles e.g. laws, campaigns, product labelling</p>	<p><b>OUTCOMES</b></p> <p><b>PD3-6</b> distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable</p> <p><b>PD3-7</b> proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces</p>	

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<p><b>WHAT'S THE RISK</b></p>	<p>Identifies factors that influence their health and behaviour e.g. media, advertising, family, friends, laws</p> <p>Demonstrates strategies to deal with unsafe situations and social dilemmas</p>	<p><b>KEY INQUIRY QUESTIONS</b></p> <p>What actions positively influence the health, safety and wellbeing of my community?</p>	<p><b>SKILL DOMAINS</b></p> <p>Interpersonal skills Self-management skills</p> <p><b>CONTENT STRANDS</b></p> <p>Healthy, safe and active lifestyles</p> <p><b>CONTEXTS FOR LEARNING</b></p> <p>Alcohol and other drugs Personal identity Safety</p>
		<p><b>OUTCOMES</b></p> <p><b>PD3-1</b> identifies and applies strengths and strategies to manage life changes and transitions</p> <p><b>PD3-2</b> investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others</p> <p><b>PD3-3</b> evaluates the impact of empathy, inclusion and respect on themselves and others</p> <p><b>PD3-7</b> proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces</p> <p><b>PD3-9</b> applies and adapts self-management skills to respond to personal and group situations</p>	