



Developing knowledge, skills and positive attitudes for a healthy, safe and active life.

PERSONAL IDENTITY & STRENGTHS



- Recognise personal strengths and achievements.
- Identify things they are good at.
- Explore what makes them special and unique.
- Build confidence and a positive self-identity.

EMOTIONAL WELLBEING



- Identify and describe a range of emotions.
- Explore why feelings change.
- Practise strategies to manage emotions and challenges.
- Identify trusted adults and people who can help.

RELATIONSHIPS



- Demonstrate respect and consideration for others.
- Practise communication and listening skills.
- Explore friendship skills and ways to solve problems.
- Celebrate similarities and differences.

SAFETY



- Identify safe and unsafe situations.
- Explore ways to keep themselves safe at home, online and in the community.
- Identify emergencies and how to seek help.
- Recognise safe and unsafe choices.

HEALTHY CHOICES



- Identify healthy food and drink choices.
- Explore the importance of sleep, hygiene and physical activity.
- Identify habits that help keep the body and mind healthy.
- Make choices that support health and wellbeing.

ACTIVE LIFESTYLES



- Participate in regular physical activity.
- Explore ways movement helps the body and mind.
- Identify activities they enjoy.
- Recognise the importance of being active every day.

MOVEMENT SKILL & PERFORMANCE

FUNDAMENTAL MOVEMENT SKILLS



Practise a range of movement skills including:

- running
- jumping
- hopping
- skipping
- throwing
- catching
- kicking
- balancing



MOVEMENT CHALLENGES

Participate in games and movement activities.

- Develop coordination, control and confidence.
- Apply movement skills in different situations.

TEAMWORK & COOPERATION



Participate fairly in group activities.

- Follow rules and instructions.
- Work together and encourage others.

EVIDENCE IDEAS



Photos / videos of activities



Sports participation



Movement challenges



Drawings and reflections



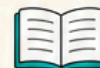
Emotion check-ins



Healthy food activities



Safety discussions / role plays



Worksheets and projects



Team games and outdoor play