



YEAR 1

PDHPE

OUTCOMES CHECKLIST



Name: _____

Date: _____

OUTCOME		WORKING TOWARDS	ACHIEVED
1	Identifies healthy food choices	<input type="checkbox"/>	<input type="checkbox"/>
2	Recognises ways to stay healthy and safe	<input type="checkbox"/>	<input type="checkbox"/>
3	Describes healthy daily habits	<input type="checkbox"/>	<input type="checkbox"/>
4	Identifies emotions and feelings	<input type="checkbox"/>	<input type="checkbox"/>
5	Uses strategies to calm down and regulate emotions	<input type="checkbox"/>	<input type="checkbox"/>
6	Identifies trusted adults and support people	<input type="checkbox"/>	<input type="checkbox"/>
7	Demonstrates safe behaviours at home and outdoors	<input type="checkbox"/>	<input type="checkbox"/>
8	Participates in physical activity and movement	<input type="checkbox"/>	<input type="checkbox"/>
9	Follows rules during games and activities	<input type="checkbox"/>	<input type="checkbox"/>
10	Practices teamwork and cooperation	<input type="checkbox"/>	<input type="checkbox"/>
11	Identifies ways to include others	<input type="checkbox"/>	<input type="checkbox"/>
12	Demonstrates kindness and respectful behaviour	<input type="checkbox"/>	<input type="checkbox"/>
13	Recognises personal strengths and achievements	<input type="checkbox"/>	<input type="checkbox"/>
14	Understands personal hygiene routines	<input type="checkbox"/>	<input type="checkbox"/>
15	Describes ways to keep the body active and healthy	<input type="checkbox"/>	<input type="checkbox"/>
16	Participates in movement skills and coordination activities	<input type="checkbox"/>	<input type="checkbox"/>
17	Identifies safe and unsafe situations	<input type="checkbox"/>	<input type="checkbox"/>
18	Demonstrates road and playground safety awareness	<input type="checkbox"/>	<input type="checkbox"/>
19	Talks about emotions using appropriate language	<input type="checkbox"/>	<input type="checkbox"/>
20	Participates in activities that support wellbeing	<input type="checkbox"/>	<input type="checkbox"/>

