PDHPE Skills K-10

Through PDHPE K-10, students develop, strengthen and refine skills across three domains. Students should be provided with an opportunity to develop PDHPE skills from each domain across each year of learning.

**Self Management Skills (S)**
- Strengthening personal identity
- Self-awareness
- Emotion and stress management
- Decision making and problem solving
- Help-seeking

Provide students with the ability to feel greater control over their behaviour, manage and cope in stressful situations and take personal responsibility for their actions.

Develop a student’s capacity to be confident, independent, optimistic and resilient. These skills enable students to become self-aware and develop and refine self-monitoring and self-evaluative behaviours.

**Interpersonal Skills (I)**
- Communication
- Collaboration, inclusion and relationship building
- Empathy building
- Leadership and advocacy
- Social awareness

Build skills in negotiation, refusal, conflict management and being able to confidently express feelings supports students to build and manage relationships that are caring and respectful.

Develop a student’s capacity to effectively relate to and interact with other people. Students will build empathy by learning to respond to and understand others and their points of view.

**Movement Skills (M)**
- Fundamental and specialised movement skills and concepts
- Tactical and creative movement
- Health and fitness enhancing movement

Enable students to engage in and enjoy the benefits of regular, vigorous physical activity.

Acquire and master a range of movement skills, understand the health benefits of movement, and have the skills and dispositions to participate in a lifetime of physical activity as confident, competent and creative movers.