

Personal Development, Health and Physical Education

Dear Parents and Carers,

As part of the Personal Development, Health and Physical Education Curriculum, students will have the opportunity to participate in lessons that help prepare and support students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

Our school's PDHPE program covers a wide range of education matter, including relationships, medicines and drug use, human sexuality, child protection, fundamental movement skill development, safety and physical activity. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to you about the program. Please note that the following is mandatory content, as set by the Department of Education: drug education, child protection and road safety.

The school program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong.

For more information on PDHPE go to [PDHPE | NSW Education Standards](#)

Some of the specific content which will be covered in PDHPE includes:

Early Stage 1	Stage 1
<ul style="list-style-type: none"> ● Movement skills and physical activity such as games, dance and gymnastics ● The importance of staying active and the effects on the body ● Caring for your body, through nutrition and sun protection ● Relationships ● Identifies how individuals care for each other ● Communication ● Making decisions ● Feelings, needs and wants ● Personal health, nutrition and hygiene ● Body appearance, external body parts and senses ● Changes in body and abilities since birth ● Administration of medicine, safe use and storage ● Personal rights and responsibilities ● Making and keeping friends, working and playing with others ● Family roles 	<ul style="list-style-type: none"> ● Movement skills and physical activity such as games, dance and gymnastics ● The importance of staying active and the effects on the body ● Caring for your body, through nutrition and sun protection ● Relationships ● Identifies how individuals care for each other ● Communication ● Making decisions ● Feelings, needs and wants ● Personal health, nutrition and hygiene ● Body appearance, internal and external body parts, (private and non-private) ● Body systems (skeletal) and senses ● Changes in body, abilities and feelings about change ● Medication purpose, safe use and storage ● Personal rights and responsibilities ● Road, pedestrian and passenger safety

Early Stage 1	Stage 1
<ul style="list-style-type: none"> ● Road, pedestrian and passenger safety ● Water safety through safe places, play and survival strategies ● Emergency procedures ● Recognising and responding to safe and unsafe situations ● Developing positive relationships and support networks ● Developing assertiveness (No Go Tell) ● Appropriate and inappropriate touching ● Caring for the environment at school and home ● Safe play around the home and school 	<ul style="list-style-type: none"> ● Water safety through safe places, play and survival strategies ● Emergency procedures ● Recognising and responding to safe and unsafe situations ● Developing positive relationships and support networks ● Developing assertiveness (No Go Tell) ● Appropriate and inappropriate touching ● Water, air, land pollution and caring for the environment at school and home ● Safe play around the home and school

Stage 2	Stage 3
<ul style="list-style-type: none"> ● Movement skills and physical activity such as athletics, games, dance and gymnastics ● The importance of staying active and the effects on the body ● Caring for your body, through nutrition and sun protection ● Relationships ● Identifies how individuals care for each other ● Communication ● Making decisions ● Feelings, needs and wants ● Personal health, nutrition and hygiene ● Male/female characteristics and puberty-related changes ● Body systems (functions), growth, development and heredity ● Gender images and expectations or male and female characteristics ● Changes in body and feelings about change ● Medication purpose, safe use and storage ● Personal rights and responsibilities ● Personal, school, family and cultural values ● Road, pedestrian and passenger safety ● Water safety through safe places, play and survival strategies ● Emergency procedures ● Recognising and responding to safe and unsafe situations ● Developing positive relationships and support networks ● Developing assertiveness (No Go Tell) ● Reducing and eliminating risks ● Water, air, land pollution and caring for the environment at school and home ● Safe and fair play around the home and school 	<ul style="list-style-type: none"> ● Movement skills and physical activity such as athletics, games, dance and gymnastics ● The importance of staying active and the effects on the body ● Caring for your body, through nutrition and sun protection ● Relationships ● Identifies how individuals care for each other ● Communication ● Influences on the decision making processes and evaluation ● Feelings, needs and wants ● Personal health, nutrition and hygiene ● Male/female characteristics and puberty-related changes ● Body systems (functions and interrelationships) and appropriate and inappropriate touching ● Gender images and expectations and male and female characteristics ● Puberty, reproduction and responsibility in sexual relationships ● Identifying physical, social and emotional change and methods for coping ● Grief and loss ● Definition, effects and labelling of drugs such as caffeine, alcohol and tobacco ● Personal rights and responsibilities ● Importance of values, developing a code of behaviour and challenging discrimination ● Road, pedestrian and passenger safety and safety on wheels ● Water safety in different environments and survival swimming skills ● Emergency procedures ● Recognising and responding to safe and unsafe situations ● Influences on self-esteem and developing and maintaining a positive self-concept ● Reducing and eliminating risks

Stage 2	Stage 3
	<ul style="list-style-type: none">● Water, air, land pollution and caring for the environment at home, school and globally● Minimising hazards, modelling fair behaviour and promoting safety awareness at school and in play situations

If you would like more information, please contact your child's teacher.