

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.