

Life Skills Outcomes Worksheet  
Higher School Certificate

School:  
Student:

Personal Development, Health and Physical Education Life Skills

*Module 1: Growth and Development*

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS 1.1	Indicates need for assistance and cooperates with others in relation to personal health care				
LS 1.2	Recognises the need for the management of personal hygiene and grooming				
LS 1.3	Selects appropriate clothing for specific occasions				
LS 1.4	Understands and manages their own routine health care procedures				
LS 1.5	Understands that some personal health care procedures require privacy				
LS 1.6	Responds effectively to appropriate and inappropriate actions by others				
LS 1.7	Recognises and demonstrates protective behaviours				
LS 1.8	Recognises inappropriate behaviour and responds assertively				
LS 1.9	Recognises and responds appropriately to bodily changes as part of physical maturation				
LS 1.10	Recognises and responds appropriately to emotional transitions				
LS 1.11	Demonstrates understanding of possible consequences of a range of sexual activities and knows how to seek advice or assistance if necessary				

*(continued)*

Life Skills Outcomes Worksheet  
Higher School Certificate

Personal Development, Health and Physical Education Life Skills

*Module 2: Developing and Maintaining a Healthy Lifestyle*

*(continued)*

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS 2.1	Recognises, selects and eats foods that are nutritious				
LS 2.2	Engages appropriately in eating and drinking activities				
LS 2.3	Understands the relationship between diet, physical activity and health				
LS 2.4	Recognises the need for, and participates in, regular physical activity				
LS 2.5	Identifies habits, behaviours or lifestyle practices that may lead to the transmission or prevention of communicable and non-communicable diseases				
LS 2.6	Identifies appropriate agencies or sources that can provide current, reliable advice on nutrition and lifestyle issues				
LS 2.7	Identifies circumstances when professional health care support may be needed				
LS 2.8	Recognises and demonstrates understanding of appropriate and inappropriate use of drugs				
LS 2.9	Demonstrates knowledge and understanding of personal medical conditions and allergic reactions to medication				
LS 2.10	Demonstrates an understanding of the relationship between personal and community health				

*(continued)*

Life Skills Outcomes Worksheet  
Higher School Certificate

Personal Development, Health and Physical Education Life Skills

*Module 3: Interpersonal Relationships*

*(continued)*

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS 3.1	Demonstrates awareness and understanding of a variety of interpersonal relationships				
LS 3.2	Identifies behaviour appropriate to different types of relationships				
LS 3.3	Demonstrates communication skills when relating to others				
LS 3.4	Demonstrates awareness of the skills and personal qualities involved in initiating and maintaining relationships				
LS 3.5	Demonstrates awareness and understanding of the qualities of friendships				
LS 3.6	Demonstrates awareness and understanding of, and respect for, the feelings of others				
LS 3.7	Demonstrates awareness and use of strategies to cope with changing relationships				

*(continued)*

Life Skills Outcomes Worksheet  
Higher School Certificate

Personal Development, Health and Physical Education Life Skills

*Module 4: Safe Living*

*(continued)*

<b>Syllabus Outcomes</b>		<b>Achieved</b>		Date	Signature
		Independently	With Support		
LS 4.1	Demonstrates an understanding of safe and unsafe situations and takes appropriate action in unsafe situations				
LS 4.2	Demonstrates appropriate behaviour in emergency situations				
LS 4.3	Demonstrates an understanding of, and skills in, appropriate road safety behaviours as a pedestrian, wheelchair user, bike rider, passenger and driver				
LS 4.4	Demonstrates safety in and around the home				
LS 4.5	Demonstrates safe lifting practices				
LS 4.6	Demonstrates knowledge about and skills in using fire blankets, fire extinguishers and alarms				
LS 4.7	Demonstrates knowledge, understanding and skills of basic water safety				

*(continued)*

Life Skills Outcomes Worksheet  
Higher School Certificate

Personal Development, Health and Physical Education Life Skills

*Module 5: Leisure*

*(continued)*

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS 5.1	Chooses and participates in a range of indoor and outdoor leisure activities				
LS 5.2	Demonstrates appropriate interpersonal behaviour while engaging in leisure activities				
LS 5.3	Finds information about and accesses venues and services for leisure activities				
LS 5.4	Plans a social activity				
LS 5.5	Demonstrates an understanding of the elements of a balanced leisure program				
LS 5.6	Demonstrates skills in, and understanding of, caring for animals				
LS 5.7	Enjoys a range of sporting activities as both spectator and participant				
LS 5.8	Demonstrates movement skills when participating in physical activities, team games and sports				

*(continued)*

Life Skills Outcomes Worksheet  
Higher School Certificate

Personal Development, Health and Physical Education Life Skills

*Module 6: Outdoor Recreation*

*(continued)*

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS 6.1	Participates in outdoor recreational activities individually, with a partner or in a group				
LS 6.2	Demonstrates knowledge about, and skills in, a range of aquatic activities				
LS 6.3	Demonstrates knowledge about, and skills in, bush walking and camping				
LS 6.4	Demonstrates knowledge about, and skills in, gardening				
LS 6.5	Demonstrates knowledge about, and skills in, outdoor eating activities				
LS 6.6	Understands and minimises the impact of recreational activities on the environment				