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|  | **Personal and Social Capability LEVELS 7 & 8 / 9 & 10** | | | |
|  | Strand: Self-awareness and management | | | |
| Sub-strand | | Content description 7&8 | Content description 9&10 | Common Assessment Tasks (CAT) |
| Recognition and expression of emotions | | * Describe how and why emotional responses may change in different contexts [(VCPSCSE034)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE034) | * Evaluate emotional responses and the management of emotions in a range of contexts [(VCPSCSE043)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE043) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| Development of resilience | | * Assess personal strengths using feedback from peers, teachers and others and prioritise areas for improvement [(VCPSCSE035)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE035) | * Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge [(VCPSCSE044)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE044) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Discuss the range of strategies that could be used to cope with difficult tasks or changing situations [(VCPSCSE036)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE036) | * Analyse the significance of independence and individual responsibility in the completion of challenging tasks [(VCPSCSE045)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE045) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals [(VCPSCSE037)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE037) | * Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection [(VCPSCSE046)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSE046) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| Strand: Social awareness and management | | | | |
| Sub-strand | | Content description 7 & 8 | Content description 8 & 9 | CATs |
| Relationships and diversity | | * Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others [(VCPSCSO038)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO038) | * Analyse how divergent values and beliefs contribute to different perspectives on social issues [(VCPSCSO047)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO047) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Investigate human rights and discuss how these contribute to a cohesive community [(VCPSCSO039)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO039) | * Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights [(VCPSCSO048)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO048) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Recognise the impact of personal boundaries, intimacy, distribution of power and social and cultural norms and mores on the ways relationships are expressed [(VCPSCSO040)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO040) | * Investigate personal, social and cultural factors that influence the ability to experience positive and respectful relationships and explore the rights and responsibilities of individuals in relationships [(VCPSCSO049)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO049) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| Collaboration | | * Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team [(VCPSCSO041)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO041) | * Evaluate own and others’ contribution to group tasks, critiquing roles including leadership and provide useful feedback to peers, evaluate tasks achievement and make recommendations for improvements in relation to team goals [(VCPSCSO050)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCPSCSO050) | CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |

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|  | **Health and Physical Education LEVELS 9 & 10** | | |
|  | Strand: Personal, Social and Community Living | | |
| Sub-strand | Content description 7 & 8 | Content description 9 & 10 | CATs |
| Being ,healthy, safe and active  Contributing to healthy and active communities | * Investigate the impact of transition and change on identities [(VCHPEP123)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP123) | * Evaluate factors that shape identities, and analyse how individuals impact the identities of others [(VCHPEP142)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP142) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Evaluate strategies to manage personal, physical and social changes that occur as they grow older [(VCHPEP124)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP124) | * Examine the impact of changes and transitions on relationships [(VCHPEP143)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP143) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Examine barriers to seeking support and evaluate strategies to overcome these [(VCHPEP125)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP125) | * Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others’ health, safety and wellbeing may be at risk [(VCHPEP144)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP144) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Investigate and select strategies to promote health, safety and wellbeing [(VCHPEP126)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP126) | * Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices [(VCHPEP145)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP145) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities [(VCHPEP130)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP130) | * Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities [(VCHPEP149)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP149) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities [(VCHPEP131)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP131) | * Plan and evaluate new and creative interventions that promote their own and others’ connection to community and natural and built environments [(VCHPEP150)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP150) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity [(VCHPEP132)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP132) | * Critique behaviours and contextual factors that influence the health and wellbeing of their communities ([VCHPEP151)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP151) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| Contributing to healthy and active communities | * Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities [(VCHPEP130)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP130) | * Investigate how empathy and ethical decision-making contribute to respectful relationships [(VCHPEP146)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP146) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities [(VCHPEP131)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP131) | * Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing [(VCHPEP147)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP147) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity [(VCHPEP132)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP132) | * Evaluate health information from a range of sources and apply to health decisions and situations [(VCHPEP148)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEP148) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| **Strand:** | **Movement and Physical Activity** | | |
| Sub-strand | Content description 7 & 8 | Content description 8 & 9 | CATs |
| Moving the body | * Use feedback to improve body control and coordination when performing specialised movement skills [(VCHPEM133)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM133) | * Perform and refine specialised movement skills in challenging movement situations [(VCHPEM152)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM152) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Compose and perform movement sequences for specific purposes in a variety of contexts [(VCHPEM134)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM134) | * Evaluate own and others’ movement compositions, and provide and apply feedback in order to enhance performance situations [(VCHPEM153)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM153) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Practise, apply and transfer movement concepts and strategies [(VCHPEM135)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM135) | * Develop, implement and evaluate movement concepts and strategies for successful outcomes [(VCHPEM154)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM154) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Participate in and investigate the cultural and historical significance of a range of physical activities [(VCHPEM138)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM138) | * Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences [(VCHPEM156)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM156) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans [(VCHPEM136)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM136) | * Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time [(VCHPEM157)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM157) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| Learning through movement | * Practise and apply personal and social skills when undertaking a range of roles in physical activities [(VCHPEM139)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM139) | * Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams [(VCHPEM158)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM158) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |
| * Evaluate and justify reasons for decisions and choices of action when solving movement challenges [(VCHPEM140)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM140) | * Transfer understanding from previous movement experiences to create solutions to movement challenges [(VCHPEM159)](https://victoriancurriculum.vcaa.vic.edu.au/Curriculum/ContentDescription/VCHPEM159) | • CAT 1:  • CAT 2:  • CAT 3:  • CAT 4:  • CAT 5  • CAT 6: |