

Relevant aspects from the Year 5 level description for Health and Physical Education:

- The content provides students with the opportunity to focus on the influence of emotional responses on relationships.
- Students develop skills and strategies to manage changing relationships occurring at key transition points in their lives.
- Students learn about ways they can take action to promote safe and healthy lifestyle practices in a range of contexts.
- Students focus on the importance of preventive measures to enhance their own health and promote a healthy lifestyle.
- The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

Relevant aspects from the Year 6 level description for Health and Physical Education:

- The content provides students with the opportunity to refine and further develop skills and strategies to promote a healthy lifestyle including those that focus on minimising and managing conflict and building self-esteem to support healthy relationships.
- Students are provided with opportunities to develop skills in accessing reliable and up-to-date information, and continue to explore ways they can manage negative health influences and pursue a healthy lifestyle.
- Students develop and refine interpersonal skills that support them to adopt different roles and responsibilities and perform these with competence and confidence.
- The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

Protective Behaviours content has relevance to the following focus areas: Safety, Relationships and Mental health and wellbeing.

Years 5 and 6 teacher toolkit template examples:

- Role play
- Decision-making model
- Using songs and stories
- Persona dolls
- Y-chart
- Brainstorm
- Teachable moments
- T-chart