Positive Relationships
PDHPE Teaching Kit K–6

Early Stage 1
KINDERGARTEN
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My school rules
Why do we need rules?
My classroom rules
My playground rules
Respecting the property of others

Express yourself
Feelings
Understanding empathy

All about me
I am unique
Important values

Clear messages
Learning to listen
Inside and outside voices
Responding to situations
Friendly faces

Good friends
Playing together
Sharing at school
My friends

People who care for me
Important people
Introduction

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Positive-relationship skills and resilience skills are best taught explicitly through carefully structured programs that are regularly reviewed. Teachers can expect students to demonstrate greater depth of understanding and more frequent displays of pro-social behaviour if they develop specific programs around this content.

The school culture and ethos have a direct impact on relationships, resilience-building and academic outcomes. School culture has been shown to inspire commitment and productivity. It relates to things like the physical setting, celebrations of achievements, symbols such as uniforms, acceptable standards of behaviour and the core values of individuals and the school.

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Activities mapped to syllabus outcomes

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**Positive Relationships TEACHING KIT**
Positive Relationships
PDHPE Teaching Kit K–6

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YEAR 1 AND YEAR 2
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Making the rules
Rules are important
My school and classroom rules
Rights and responsibilities at school
Expectations

Celebrating differences
My identity
We are all unique
Celebrating our differences
We all have positive qualities

Knowing right from wrong
Showing respect
Including friends in games
Anti-bullying

Helping others
People I can go to for help
Helping my friends
What can a bystander do to help?

The internet
What is personal information?
Adults can help keep me safe
Keep your personal information safe
Respecting property
Good communication
Sending and receiving emails
Online bullying
Choosing good websites

Making friends
People who are special to me
Feeling happy at school
How to greet people
Being a good friend
Keeping friends
Making new students feel welcome
Expressing feelings
My goals
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Positive Relationships
PDHPE Teaching Kit K–6
Stage 2
YEAR 3 AND YEAR 4
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Establishing ground rules
Showing respect
Positive attributes
Following the rules

We are all different
Understanding differences
Diversity in our classroom
Our strengths
Class values
Honesty and respect

Confident communicators
What is bullying?
How do we deal with bullying?
Feeling good

Managing my feelings
Types of feelings
What is change?
Managing change
Dealing with hurt and loss

Valued qualities
Changing
Important things we value
Making friends
My friendships
Friendships sometimes change
Friendship qualities
Peer influence
Belonging to a group
My support network

Positive online behaviour
Using computers and the internet
How can I keep myself protected?
Accepting friends online
Identifying appropriate sites
Cyberbullying
Role of the bystander and reporting cyberbullying
Internet etiquette – online manners
Respecting personal property
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Positive Relationships TEACHING KIT
Positive Relationships
PDHPE Teaching Kit K–6

Stage 3
YEAR 5 AND YEAR 6
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Developing agreed rules
Establishing class rules  19
Rights and responsibilities
Expectations

Power and influence
Friendships
Anti-bullying
Personal networks
Group cooperation and leadership
Personal and group values
Power and influence

Diversity and difference
Valuing differences
Stereotypes
Prejudice
Roles and responsibilities

Personal skills
Goal-setting
Building self-esteem
Expressing feelings
‘I’ messages
Managing stress
Change and loss

Cybercitizenship and online safety
Keeping personal information private
Cyberbullying
Valid websites

Stage 3 YEAR 5 AND YEAR 6
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