

Life Skills Outcomes Worksheet School Certificate

School:
Student:

Personal Development, Health and Physical Education (Life Skills)

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS.1	Recognises the personal characteristics and needs that make them similar to others yet unique				
LS.2	Manages the physical changes associated with adolescence				
LS.3	Recognises the feelings and emotions associated with adolescence				
LS.4	Uses strategies to manage feelings and emotions				
LS.5	Uses appropriate behaviours in social situations				
LS.6	Recognises factors that affect personal relationships				
LS.7	Uses appropriate strategies to initiate and manage relationships				
LS.8	Demonstrates a range of movement skills across environments				
LS.9	Participates in a range of physical activities				
LS.10	Recognises and responds to safe and unsafe situations				
LS.11	Demonstrates safe practices that promote personal wellbeing				
LS.12	Makes healthy nutritional choices				
LS.13	Demonstrates appropriate behaviours associated with eating and drinking				
LS.14	Recognises and assists with routine health care procedures				
LS.15	Undertakes personal hygiene and grooming				
LS.16	Demonstrates an understanding of issues associated with sexuality				

(continued)

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(continued)

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS.17	Identifies the appropriate and inappropriate use of substances				
LS.18	Recognises components of a balanced lifestyle				
LS.19	Demonstrates skills required to participate in a preferred physical activity				
LS.20	Demonstrates strategies required to participate in a preferred physical activity				
LS.21	Uses appropriate communication strategies in a variety of contexts				
LS.22	Uses appropriate strategies in response to at-risk situations				
LS.23	Supports and cooperates with others in a range of activities				
LS.24	Moves confidently in a range of contexts				
LS.25	Engages in practices that promote health and safety				
LS.26	Uses problem-solving strategies in a variety of contexts				