

## Tool 2.h Victorian Curriculum audit map. Health and Physical Education. Foundation – 10

### Staff Notes

The purpose of this audit tool is to assist schools in evaluating their curriculum against the Relationships and Sexuality Education (RSE) parts of the Victorian Curriculum Health and Physical Education learning area. This tool can be used to identify the components of RSE that are currently included in the school curriculum as well as the topics and themes that are not currently addressed. Once this process is completed, schools can identify the required teaching and learning resources as well as the additional skills and support needed to implement a comprehensive RSE curriculum. Some RSE topics can also cover content descriptions in other learning areas, in particular the Science curriculum and the Capabilities curriculum. The teaching and learning resources in Section 5 of the portal are mapped to the Victorian Curriculum and indicate which content descriptions of the Capabilities curriculum they can cover.

Level	Strand	Sub-Strand	Content Description	Suggested Program
Foundation	Personal, Social and Community Health	Being healthy, safe and active	Identify personal strengths (VCHPEP057)	Growing up <ul style="list-style-type: none"> <li>• Personal Identity</li> <li>• Changes in growth and development</li> </ul> Relationships <ul style="list-style-type: none"> <li>• Emotions</li> <li>• Friendships</li> <li>• Resolving conflict</li> <li>• Protective behaviours</li> </ul>
			Name parts of the body and describe how their body is growing and changing (VCHPEP058)	
			Identify people and actions that help keep themselves safe and healthy (VCHPEP059)	
		Communicating and interacting for health and wellbeing	Practise personal and social skills to interact with others (VCHPEP060)	
			Identify and describe emotional responses people may experience in different situations (VCHPEP061)	
			Contributing to healthy and active communities	
Levels 1 - 2	Personal, Social and Community Health	Being healthy, safe and active	Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these (VCHPEP072)	Growing up <ul style="list-style-type: none"> <li>• Personal Identity</li> <li>• Changes in growth and development</li> </ul> Relationships
			Practise strategies they can use when they need help with	



			a task, problem or situation at home and/or at school (VCHPEP073)	<ul style="list-style-type: none"> <li>• Emotions</li> <li>• Friendships</li> <li>• Resolving conflict</li> <li>• Protective behaviours</li> <li>• Inclusion, belonging and tolerance</li> </ul>
		Communicating and interacting for health and wellbeing	Describe ways to include others to make them feel that they belong (VCHPEP075) Identify and practise emotional responses that account for own and others' feelings (VCHPEP076)	
		Contributing to healthy and active communities	Explore actions that help make the classroom a healthy, safe and active place (VCHPEP078)	
Levels 3 - 4	Personal, Social and Community Health	Being healthy, safe and active	Examine how success, challenge and failure strengthen personal identities (VCHPEP088)	Growing up <ul style="list-style-type: none"> <li>• Personal Identity</li> <li>• Changes in growth and development</li> <li>• Introduction to puberty</li> </ul> Values and beliefs <ul style="list-style-type: none"> <li>• Diversity</li> <li>• The influence of family and peers</li> </ul> Relationships <ul style="list-style-type: none"> <li>• Emotions</li> <li>• Friendships</li> <li>• Resolving conflict</li> <li>• Protective behaviours</li> <li>• Inclusion, belonging and tolerance</li> </ul> Reproduction <ul style="list-style-type: none"> <li>• Anatomy</li> <li>• Conception, pregnancy and birth</li> </ul>
			Explore strategies to manage physical, social and emotional change (VCHPEP089)	
			Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (VCHPEP090)	
			Identify and practise strategies to promote health, safety and wellbeing (VCHPEP091)	
		Communicating and interacting for health and wellbeing	Describe factors that can positively influence relationships and personal wellbeing (VCHPEP092)	
			Investigate how emotional responses vary in family situations and in friendship groups (VCHPEP093)	
			Discuss and interpret health information and messages in the media (VCHPEP094)	
Contributing to healthy and active communities	Describe strategies to make the classroom and playground healthy, safe and active spaces (VCHPEP095)			
Levels 5 - 6	Personal, Social and Community Health	Being healthy, safe and active	Explore how identities are influenced by people and places (VCHPEP105)	Growing up <ul style="list-style-type: none"> <li>• Physical, social and emotional changes of puberty</li> <li>• Sexual development</li> </ul> Values and beliefs
			Investigate resources to manage changes and transitions associated with puberty (VCHPEP106)	
			Investigate community resources and strategies to seek	



			help about health, safety and wellbeing (VCHPEP107)	<ul style="list-style-type: none"> <li>• Diversity</li> <li>• The influence of family and peers</li> </ul> Relationships <ul style="list-style-type: none"> <li>• Emotions</li> <li>• Friendships</li> <li>• Resolving conflict</li> <li>• Protective behaviours</li> <li>• Inclusion, belonging and tolerance</li> </ul> Reproduction <ul style="list-style-type: none"> <li>• Anatomy</li> <li>• Conception, pregnancy and birth</li> </ul>
		Communicating and interacting for health and wellbeing	Practise skills to establish and manage relationships (VCHPEP109)	
			Examine the influence of emotional responses on behaviour, relationships and health and wellbeing (VCHPEP110)	
			Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours (VCHPEP111)	
		Contributing to healthy and active communities	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (VCHPEP112)	
			Investigate how celebrating similarities and differences can strengthen communities (VCHPEP114)	
Levels 7 - 8	Personal, Social and Community Health	Being healthy, safe and active	Investigate the impact of transition and change on identities (VCHPEP123)	Growing up <ul style="list-style-type: none"> <li>• Physical, social and emotional changes during adolescence</li> <li>• Variations in relationships</li> </ul> Values and beliefs <ul style="list-style-type: none"> <li>• Personal identity and values</li> <li>• Influence of family and peers</li> <li>• Respect for differing values and beliefs held in local, national and global contexts</li> </ul> Relationships <ul style="list-style-type: none"> <li>• Positive relationships</li> <li>• Roles and responsibilities in sexual health</li> <li>• Sexual and gender diversity</li> <li>• Skills and strategies to prevent</li> </ul>
			Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)	
			Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)	
			Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)	
		Communicating and interacting for health and wellbeing	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)	
			Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	
			Develop skills to evaluate health information and express health concerns (VCHPEP129)	



		Contributing to healthy and active communities	Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)	and resolve conflict		
			Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)	<ul style="list-style-type: none"> <li>Sex and the law, media and community attitudes</li> </ul>		
Levels 9 - 10	Personal, Social and Community Health	Being healthy, safe and active	Evaluate factors that shape identities, and analyse how individuals impact the identities of others (VCHPEP142)	Sexual health		
			Examine the impact of changes and transitions on relationships (VCHPEP143)			
			Plan, rehearse and evaluate options for managing situations where their own or others' health, safety and wellbeing may be at risk (VCHPEP144)			
			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)			
		Communicating and interacting for health and wellbeing	Investigate how empathy and ethical decision-making contribute to respectful relationships (VCHPEP146)		<ul style="list-style-type: none"> <li>Values and beliefs</li> <li>Personal identity and values</li> <li>Influence of family and peers</li> <li>Respect for differing values and beliefs held in local, national and global contexts</li> </ul>	
			Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing (VCHPEP147)		Relationships	
			Evaluate health information from a range of sources and apply to health decisions and situations (VCHPEP148)		<ul style="list-style-type: none"> <li>Positive relationships</li> <li>Roles and responsibilities in sexual health</li> <li>Sexual and gender diversity</li> <li>Sexuality, gender and power</li> <li>Skills and strategies to prevent and resolve conflict</li> <li>Sex and the law, media and community attitudes</li> </ul>	
		Contributing to healthy and active communities	Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities (VCHPEP149)		Sexual health	<ul style="list-style-type: none"> <li>Safer sex and abstinence, contraception and prevention of STI's</li> </ul>



			Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (VCHPEP150)	<ul style="list-style-type: none"> <li>• Reproductive health</li> <li>• Accessing health care</li> <li>• Sexual decision making</li> </ul>
			Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)	

