# PDHPE outcomes mapping grid – Early Stage 1

Summary of outcomes coverage

* PDe-1 – Identifies who they are and how people grow and change
* PDe-2 – Identifies people and demonstrates protective strategies that help keep themselves healthy, resilient and safe
* PDe-3 – Communicates ways to be caring, inclusive and respectful of others
* PDe-4 – Practises and demonstrates movement skills and sequences using different body parts
* PDe-5 – Explores possible solutions to movement challenges through participation in a range of activities
* PDe-6 – Explores contextual factors that influence an individual’s health, safety, wellbeing and participation in physical activity
* PDe-7 – Identifies actions that promote health, safety, wellbeing and physically active spaces
* PDe-8 – Explores how regular physical activity keeps individuals healthy
* PDe-9 – Practises self-management skills in familiar and unfamiliar scenarios
* PDe-10 – Uses interpersonal skills to effectively interact with others
* PDe-11 – Demonstrates how the body moves in relation to space, time, objects, effort and people

Early Stage 1

Schools may deliver units of learning that vary in duration to meet the needs of their students.

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| Stage unit | PDe-1 | PDe-2 | PDe-3 | PDe-4 | PDe-5 | PDe-6 | PDe-7 | PDe-8 | PDe-9 | PDe-10 | PDe-11 |
| Unit 1 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 2 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 3 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 4 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 5 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 6 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 7 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 8 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 9 |  |  |  |  |  |  |  |  |  |  |  |
| Unit 10 |  |  |  |  |  |  |  |  |  |  |  |

[PDHPE K-10 Syllabus](http://www.educationstandards.nsw.edu.au/wps/wcm/connect/2f657694-dc52-48ba-a440-9256e92c00e3/pdhpe-k-10-syllabus-2018-pdf.pdf?MOD=AJPERES&CVID=)© 2018 NSW Education Standards Authority (NESA) for and on behalf of the Crown in right of the State of New South Wales