

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)*