

Health and Movement Science Life Skills Years 11-12 Outcomes

Outcomes	Current Instruction	Completes with Assistance	Competent to Complete Alone	Confident to Complete Alone	Generalises into Other Contexts
HM-LS-01 engages with personal care needs					
HM-LS-02 manages personal care needs					
HM-LS-03 identifies ways to be healthy					
HM-LS-04 participates in leisure and recreation activities for health and wellbeing					
HM-LS-05 demonstrates help-seeking strategies and behaviours					
HM-LS-06 uses appropriate and safe behaviours in health or movement contexts					
HM-LS-07 explores skills and strategies for safe and healthy relationships					

Years 11-12 Life Skills Outcomes | Sourced from <https://curriculum.nsw.edu.au> | Correct as of February 2025.
Outcomes are subject to change by the NSW Government.

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HM-LS-08 explores influences on health nationally and/or internationally					
HM-LS-09 demonstrates an understanding of the relationship between personal and community health					
HM-LS-10 investigates health services and strategies in the community that support the health of young Australians					
HM-LS-11 explores strategies to support the health of a community					
HM-LS-12 explores the relationship between body systems and movement					
HM-LS-13 identifies ways to improve movement and performance					
HM-LS-14 engages in physical activity					

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HM-LS-15 demonstrates skills and strategies for developing movement and performance					
HM-LS-16 demonstrates skills to positively interact with others in health or movement contexts					
HM-LS-17 identifies the relationships between health and movement concepts					
HM-LS-18 communicates health or movement concepts					
HM-LS-19 develops questions about health or movement concepts					
HM-LS-20 develops solutions for health or movement concepts					
HM-LS-21 explores sources about a range of health or movement concepts					

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