

# Aligning to the Australian National Curriculum

## We're making life easy

Well, we're making life easier. All the content on the DiGii Social platform is informed by, and aligned to, the Australian National Curriculum. Though this changes marginally in each state and across sectors, the principles of the National Curriculum are those that guide the content inclusion on DiGii Social.

## In summary

### Health and Physical Education: Personal, Social & Community Health

- Being healthy safe and active  
ACPPS051 | ACPPS053
- Communicating and interacting for health and wellbeing  
ACPPS055 | ACPPS056 | ACPPS057
- Contributing to healthy and active communities  
ACPPS058 | ACPPS060

### Digital Technologies

### General Capabilities

- Personal and Social Capability
- Critical and Creative Thinking
- Information & Communication Technology (ICT) Capability

## Health & Physical Education – In detail

### Personal, Social & Community Health

#### Being healthy, safe and active

Examine how identities are influenced by people and places ([ACPPS051](#))

- identifying how personal qualities contribute to identities and inform world views
- exploring how personal and cultural identities change over time

- investigating how personal and cultural identities are influenced by the groups and communities to which we belong and the places to which we feel connected
- exploring how family, peers, popular culture and the media influence how individuals interact and the choices they make in given situations

### **Investigate community resources and ways to seek help about health, safety and wellbeing** ([ACPPS053](#))

- researching health information sources and places where they can seek help, and prioritising those that are reliable and trustworthy
- applying criteria to online information to assess the credibility of the information and its relevance to peers
- creating ways to share information about local services young people can access for help, such as a blog, app or advertisement

### **Communicating and interacting for health & wellbeing**

#### **Practise skills to establish and manage relationships** ([ACPPS055](#))

- assessing the impact of different relationships on personal health and wellbeing
- proposing strategies for managing the changing nature of relationships, including dealing with bullying and harassment and building new friendships
- selecting and practising appropriate ways to share power within relationships

#### **Examine the influence of emotional responses on behaviour and relationships** ([ACPPS056](#))

- analysing situations in which emotions can influence decision-making, including in peer-group, family and movement situations
- exploring why emotional responses can be unpredictable
- exploring the emotions associated with feeling unsafe or uncomfortable and how emotions can vary according to different contexts and situations

#### **Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours** ([ACPPS057](#))

- examining how media and public identities influence the way people act and the choices they make
- sharing how important people in their life influence them to act or behave in a healthy or safe way

### **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** ([ACPPS058](#))

1. Investigating practices that help promote and maintain health and wellbeing, such as eating a diet reflecting *The Australian Guide to Healthy Eating*, meeting recommendations for daily physical activity and creating connections with others to enhance social health

2. discussing the importance of social support and a sense of belonging in promoting mental health and wellbeing

**Identify how valuing diversity positively influences the wellbeing of the community [\(ACPPS060\)](#)**

- discussing how the actions of bystanders, friends and family can prevent and/or stop bullying and other forms of discrimination and harassment
- proposing strategies to help others understand points of view that differ from their own and to encourage further discussion about individual and cultural similarities and differences in order to tackle racism
- exploring and celebrating how cultures differ in behaviours, beliefs and values