

NATIONAL CURRICULUM FRAMEWORK LINKS

Personal & Social Capabilities: Information for Teachers

“Personal and social capability assists students to become successful learners... and supports students in becoming creative and confident individuals with a, ‘sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical well-being’ with a sense of hope and optimism.” (MCEETYA, 2008).

Integration of social skills and emotional self-management and intelligence into academic learning is the focus of the Personal and Social Capabilities component of the National Health & Physical Education Curriculum. The “Collaborative for Academic, Social and Emotional Learning (CASEL)” is the world’s leading organisation in advancing understanding and application of personal, emotional and social intelligence. CASEL and the ACARA Personal and Social Capability unit identify areas of focus including:

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| <ul style="list-style-type: none"> • Understanding self and others • Recognising & regulating emotions • Developing empathy for others • Making responsible decisions • Working effectively in teams • Developing leadership skills | <ul style="list-style-type: none"> • Managing relationships, life, work and learning effectively • Understanding, establishing and building positive relationships • Handling challenging situations constructively |
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The Personal and Social capability curriculum is arranged as a continuum with the need for progressive and specific skill development in each of these 4 areas:

<p>Self-awareness – identification & description of factors influencing emotional responses, achievement & learning effectiveness.</p>	<p>Self-management – monitoring, regulation & management of emotional responses & learning behaviours. Includes higher level thinking; planning, organisation, persistence & goal setting.</p>
<p>Social awareness – recognition of the emotional state of others & how to manage that positively & effectively. Participate cooperatively in group activities. Understand the diversity of needs & perspectives of others.</p>	<p>Social management – successful interaction with a range of others including building relationships, managing conflict, leading others & communicating effectively.</p>

In Highway Heroes; Smart Life Skills 4 Kids, these skills are taught across 4 modules, these separated into a Year 1-3 and Year 4-6 presentation of teaching materials.

Module 1: Sticking Up 4 Me; Beating Bullying & Taming Teasing

Module 2: Connecting 4 Friendships; Playground Resilience & Wisdom

Module 3: Tricks 4 Getting it Done; The Secrets of Staying Power & Grit

Module 4: Strategies 4 Managing Me; Mood Management & Resilience

**Ticking the Personal & Social Capabilities boxes of the
Australian National Curriculum.**

J = Junior Year 1-3

S = Senior Year 4-6

		Module 1		Module 2		Module 3		Module 4	
		J	S	J	S	J	S	J	S
Self-awareness									
Emotions	Recognise emotions, own and others	✓	✓	✓	✓			✓	✓
	Compare emotional responses	✓	✓	✓	✓			✓	✓
	Identify influence of external factors	✓	✓	✓	✓			✓	✓
	Examine consequences of emotional responses		✓		✓			✓	✓
Qualities	Identify likes, dislikes, needs	✓	✓	✓	✓	✓	✓	✓	✓
	Identify personal interests and skills		✓		✓	✓	✓	✓	✓
	Identify abilities and self-improvement goals					✓	✓		✓
	Contribution of skills to learning outcomes					✓	✓		
	Identify and use strategies to assist learning						✓		
Self-management									
		J	S	J	S	J	S	J	S
Emotions	Identify impact on thinking, behaviour, learning	✓	✓	✓	✓	✓	✓	✓	✓
	Express constructively with others	✓	✓	✓	✓			✓	✓
	Identify & describe moderation strategies	✓	✓	✓	✓			✓	✓
	Identify impact on relationships with others	✓	✓	✓	✓			✓	✓
Qualities	Participation through focus and attention					✓	✓		
	Follow routines to assist learning					✓	✓		
	Set goals for achievement & time management					✓	✓		
	Analyse self-regulation & learning behaviours		✓		✓		✓		✓
	Approach learning with confidence, persistence					✓	✓	✓	✓
	Adapt approach to improve learning outcomes					✓	✓		✓
Social awareness									
		J	S	J	S	J	S	J	S
Perspective	Identify & discuss other points of view	✓	✓	✓	✓			✓	✓
	Identify differences in communication methods	✓	✓	✓	✓	✓	✓	✓	✓
	Identify home and school contributions					✓	✓		
	Identify and plan ways to contribute					✓	✓	✓	✓
Relationships Qualities	Awareness of feelings, needs, interests of others	✓	✓	✓	✓			✓	✓
	Identify value in home & school communities			✓	✓	✓	✓	✓	✓
	Identify & develop ways of making & keeping friends			✓	✓				
	Identify factors contributing to relationships	✓	✓	✓	✓			✓	✓
	Identify & manage positive/negative relationships	✓	✓	✓	✓	✓	✓	✓	✓
Social management									
		J	S	J	S	J	S	J	S
Relationships	Respond to feelings, needs, interests of others	✓	✓	✓	✓			✓	✓
	Identify ways to initiate & join interactions	✓	✓	✓	✓				
	Identify communication factors (inc. body language)	✓	✓	✓	✓			✓	✓
	Develop work & social relationship strategies	✓	✓	✓	✓	✓	✓	✓	✓
	Recognise & accept other's views, opinions	✓	✓	✓	✓	✓	✓	✓	✓
	Identify causes & effects of conflict	✓	✓	✓	✓			✓	✓
	Identify & use work & social conflict resolution	✓	✓	✓	✓	✓	✓	✓	✓

