

**Table 2: Locating content**

When creating and teaching units of work, use this table to locate *Active Outcomes 1* content, skillbooster activities and worksheets related to each syllabus 'learn about' point.

Syllabus outcome	Syllabus 'learn about' points	<i>Active Outcomes 1</i> Sections and page numbers for content	<i>Active Outcomes 1</i> Skillboosters and eLearning activities	<i>Active Outcomes 1</i> Worksheets
4.1	A sense of self	1.1, pp. 3–10	pp. 3, 4, 5, 8, 9	1.1, 1.2, 1.3
	Adolescence and change	1.2, pp. 11–21	pp. 14, 17, 19, 20,	1.4, 1.5
4.2	Challenges and changes	2.1, pp. 23–30	pp. 24, 26, 27, 29	2.1, 2.2, 2.3
	Connectedness	2.2, pp. 31–37	pp. 32, 33, 35, 36	2.4
	Interpersonal communication	2.3, pp. 38–44	pp. 40, 41, 43,	
	Seeking help	2.4, pp. 45–49	pp. 47, 48	2.5
4.3	Types and nature of relationships	3.1, pp. 51–56	pp. 51, 52, 54, 56	3.1, 3.2, 3.3
	Caring and respectful relationships	3.2, pp. 57–62	pp. 58, 59, 61, 62	
	Power in relationships	3.3, pp. 63–69	p. 63	3.4
	Recognising abuse	3.3, pp. 66–69	p. 66	3.5
	Bullying and harassment	3.4, pp. 70–76	pp. 70, 72, 76	
	Protective strategies	3.5, pp. 77–78	p. 78	3.6
4.4	Types of movement skills	4.1, pp. 81–102	pp. 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 94, 96, 97, 98, 99, 100, 101, 102	4.1, 4.2
	Aspects of movement skill development	4.2, pp. 103–107	pp. 103, 104, 105–6, 107	
	Influences on skill development and performance	4.3, pp. 108–109	p. 109	4.3
	Contexts for specialised movement skills	4.4, pp. 110–128	pp. 112, 113, 119, 120, 121, 122–3, 124, 126, 127, 128	4.4

(continued)

<b>Syllabus outcome</b>	<b>Syllabus 'learn about' points</b>	<b>Active Outcomes 1 Sections and page numbers for content</b>	<b>Active Outcomes 1 Skillboosters and eLearning activities</b>	<b>Active Outcomes 1 Worksheets</b>
4.5	Features of movement composition	5.1, pp. 130–141	pp. 132, 133, 134, 139, 141	5.1, 5.2, 5.3, 5.4
	Elements of composition	5.2, pp. 142–158	pp. 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158	5.5, 5.6, 5.7
4.6	The nature of health	6.1, pp. 161–164	pp. 161, 164	6.1
	Factors that affect health	6.2, pp. 165–169	pp. 167, 169	6.2
	Mental health	6.4, pp. 171–173	p. 173	
	Healthy food habits	6.5, pp. 174–180	pp. 177, 179	
	Drug use	6.6, pp. 181–188	p. 188	
	Sexual health	6.7, pp. 189–193	p. 193	6.3
	Road safety	6.8, pp. 194–197	pp. 195, 196, 197	6.4
4.7	Exploring risk	7.1, pp. 199–202	pp. 199, 200, 201–2	
	Strategies to minimise harm	7.2, pp. 203–208	pp. 204, 205, 206, 207, 208	7.1, 7.2
	Personal safety	7.3, pp. 209–217	pp. 209, 213, 214, 216	7.3, 7.4
4.8	Accessing health information	8.1, pp. 219–231	pp. 219, 220, 222, 223, 225, 227, 228, 230	8.1, 8.2, 8.3
	Assessing health information	8.2, pp. 232–246	pp. 235–6, 238, 239, 240, 241, 244	8.4, 8.5, 8.6, 8.7
4.9	Components of a balanced lifestyle	9.1, pp. 249–254	pp. 252, 253, 254	9.1
	Personal benefits of participation in physical activity	9.2, pp. 255–262	pp. 256, 257, 258, 259, 260, 262	9.2
	Physical activity levels	9.3, pp. 263–271	pp. 264, 265, 268, 270, 271	9.3
4.10	Lifelong physical activities	10.1, pp. 273–282	pp. 274, 275, 276, 277, 278, 279, 280, 281, 282	10.1
	Health-related components of fitness	10.2, pp. 283–295	pp. 286, 287, 288, 289, 290, 291, 292, 293	10.2, 10.3, 10.4,
	Skill-related components of fitness	10.3, pp. 296–305	pp. 297, 298, 299, 300, 302, 303, 304,	10.5, 10.6, 10.7, 10.8