



### Key information for the Health and Movement Science Life Skills 11-12 Syllabus

- Schools and teachers use syllabuses to develop educational programs for students. 2025 will be the last year that the Stage 6 PDHPE Life Skills Syllabus (2012) will be taught in Year 12. Students in Year 11 in 2025 must be studying the [Health and Movement Science Life Skills 11-12 Syllabus \(2025\)](#).
- Focus areas that can be studied throughout Year 11 (120 hours) include 'Health for individuals and communities' and 'The body and mind in motion'.
- The new [Health and Movement Science Life Skills 11-12 Syllabus](#), is digital and formatted in this manner for all reform syllabuses. The digital format is interactive and allows for easy navigation. You can filter, search for specific topics, and explore resources directly.
- In addition to the core topics, students may engage in the Collaborative Investigation and/or Depth Studies.
- The Health and Movement Science Life Skills 11-12 Syllabus has a [glossary](#) tab that contains information about words specific to the course.

### Life Skills eligibility

- Life Skills courses are designed for students with intellectual disability in Years 7–12 who cannot access stage or prior stage outcomes, as determined through [collaborative curriculum planning](#) involving the student, parents or carers, and teachers. They are not suitable for students without intellectual disability or students who could meet outcomes with adjustments.

### Assessment

- Students must demonstrate achievement of one or more Life Skills outcomes. Schools are required to provide additional support or adjustments to teaching, learning and assessment activities for some students with special education needs.
- Assessments can be flexible, using various options (e.g., written, spoken, visual, assistive technologies) and may be implemented in different learning environments.
- Formal assessment of Life Skills outcomes is not required. More information about assessment can be found in the [Health and Movement Science Life Skills 11-12 -Assessment](#) tab of the syllabus and the NESA [Assessment and reporting](#) webpage.
- Stage 6 Life Skills courses do not have external examinations.

### Support materials

The PDHPE Secondary Curriculum 7-12 team provide resources to support NSW teachers in the delivery of the Health and Movement Science Life Skills 11-12 Syllabus. We are in the process of developing curriculum resources to support Life Skills syllabuses. These will be shared via Statewide Staffrooms on their release.

Further advice to support students with a disability can be found on the [Students with a disability](#) webpage. The [Inclusive Practice Hub](#) provides resources for schools to support students with disability and additional needs.

NESA also has a range of support materials including:

- NESA's [Model for Programming Life Skills Outcomes and Content, Planning, programming and assessing 7–12](#) webpage and video series on [Life Skills: Advice on Planning, Programming and Assessment](#).
- Additional resources can also be accessed on the [Health and Movement Science 11-12 Syllabus](#) under the [Teaching and learning support](#) tab. These include sample scope and sequences, assessment schedules and units of work.



### Professional learning

There are a range of 'on demand' professional learning resources to support the implementation of the Health and Movement Science syllabus including:

- [PDHPE Professional learning](#) recordings on the [PDHPE Statewide staffroom website](#).
- Self-paced school facilitator-led professional learning - [Supporting students with disability in the curriculum](#).
- [Curriculum planning for every student in every classroom](#) MyPL course.

The team also offers a range of live online and face to face professional learning events throughout the year. To view any upcoming events, go to the [PDHPE Professional Learning channel](#).

Join the [Inclusive education –disability Statewide Staffroom](#) for additional support in delivering Life Skills syllabuses.

### General HSC information

- The [NSW Education Standards Authority \(NESA\)](#) oversees the Higher School Certificate (HSC).
- The [NESA Life Skills](#) webpage provides further information about Life Skills eligibility, course options, planning and programming, assessment and reporting and credentials.
- The [ACE rules](#) outline important information related to Life Skills including eligibility, assessment, HSC requirements, course completion and credentialling.



### Contact us

If you would like further information or support, please email [PDHPEcurriculum@det.nsw.edu.au](mailto:PDHPEcurriculum@det.nsw.edu.au) or reach out to our team via the [PDHPE Statewide Staffroom](#).