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## *Table 1: Personal and Social capability learning continuum version 9.0*

| **Sub-element** | **Level 1a** | **Level 1b (Foundation)** | **Level 2****(Years 1–2)** | **Level 3****(Years 3–4)** | **Level 4****(Years 5–6)** | **Level 5****(Years 7–8)** | **Level 6****(Years 9–10)** |
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| **SELF-AWARENESS** |
| **Personal awareness** | identify their likes, dislikes, strengths, abilities and interests when showing a personal preference | identify their likes, dislikes, strengths, abilities and interests, and describe how these influence choices | describe personal qualities and how these contribute to growth | explain influences on personal qualities and how these contribute to personal growth | analyse the influence that choices have on developing personal qualities and identify areas for growth  | evaluate strategies for developing personal qualities and describe how they assist achieving growth | devise personally appropriate strategies to achieve growth |
| **Emotional awareness** | identify a range of emotions across different situations | identify their own emotional responses | describe the emotional responses of themselves and others | explain the influence that their own behaviour has on the emotional responses of others | analyse the influence of different factors and situations on their emotional responses | evaluate how emotional responses influence behaviour and consider the consequences of these responses | reflect on their emotional responses to different situations |
| **Reflective practice** | identify how their choices can impact their participation in or completion of a task | identify how their choices affect the development of personal abilities and achievements  | describe what they have discovered about themselves by engaging with feedback  | build on personal abilities and achievements using feedback and self-assessment  | analyse personal abilities and achievements by seeking feedback | plan a personal response to a range of contexts using feedback from previous experiences | evaluate goals set for their own personal, social and cognitive development, reflecting on feedback |

| **SELF-MANAGEMENT** |
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| **Goal setting** | learn a range of strategies to participate in class activities  | co-create goals to assist learning when working independently or collaboratively  | collaboratively develop goals to improve learning  | plan for learning by setting improvement goals  | select and use strategies to monitor own learning and refine goals to plan for further improvement  | use and refine strategies that contribute to regulating behaviour and achieving learning goals  | adapt goals and plans, and apply strategies, evaluating their suitability and effectiveness  |
| **Emotional regulation** | recognise how emotions influence the way we feel and act | express emotions in familiar settings, demonstrating consideration for others  | describe ways to moderate emotions in familiar contexts | manage and moderate emotions in familiar contexts, using provided strategies | manage personal factors influencing emotions in a range of contexts including learning  | manage emotional responses, designing strategies to self-manage in a range of contexts  | regulate emotions in a range of contexts, evaluating and refining their own self-management strategies |
| **Perseverance and adaptability** | persevere when attempting to complete tasks | demonstrate perseverance with familiar tasks when first attempts are unsuccessful, and adapt attempts as needed  | demonstrate perseverance and adaptability with unfamiliar tasks | demonstrate perseverance when faced with challenges, adapting approaches based on successes, and learning from setbacks and failure | adapt approaches to tasks to support perseverance when faced with challenging or unfamiliar tasks  | select, apply and refine strategies to persevere when faced with unexpected or challenging contexts  | devise, evaluate and adapt strategies to engage with unexpected or challenging situations |

| **SOCIAL AWARENESS** |
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| **Empathy** | acknowledge that people have different needs, emotions and abilities | demonstrate an awareness of the needs, emotions, cultures and backgrounds of others | describe similarities and differences between the needs, emotions, cultures and backgrounds of themselves and others | discuss the value of different needs, emotions, cultures and backgrounds  | explain how the ability to appreciate others’ needs, emotions, cultures and backgrounds assists in the development of social awareness  | acknowledge the emotions, needs, cultures and backgrounds of different groups and compare with their own | evaluate the effect of people’s actions towards others’ needs, emotions, cultures and backgrounds, acknowledging the influence empathy has on developing social awareness  |
| **Relational awareness** | demonstrate an awareness of how shared interests and behaviours help build relationships  | share feelings, needs and interests with others through play and working within diverse groups  | describe ways they can initiate and develop relationships, including identifying how others may feel in a range of contexts  | identify how they can contribute to healthy relationships and manage challenging relationships  | identify and describe a variety of relationships, and the roles and responsibilities of people within them | analyse indicators of healthy and challenging relationships, and how to manage the differences  | evaluate how relationships can differ among groups of people and reflect on the skills needed to manage diverse types of relationships  |
| **Community awareness** | identify different groups within their community | describe the ways they are connected, and can contribute, to their community groups  | describe how they contribute to their communities and how others care for and assist them  | describe the various communities beyond their own and what they can do to support them  | explain the way their actions and the actions of others influence communities  | analyse roles and responsibilities of citizens within communities  | evaluate ways of contributing to communities at local, regional, national and global levels  |

| **SOCIAL MANAGEMENT** |
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| **Communication** | communicate intentionally (verbally and non-verbally) with a range of people in familiar and unfamiliar contexts | develop positive communication skills by initiating, joining or contributing to conversations | use a range of skills to enhance verbal and non-verbal communication | apply verbal and non-verbal communication skills when responding to others | apply skills to address factors that influence verbal and non-verbal communication | demonstrate communication skills in a range of contexts, responding to the enablers of, and barriers to, effective verbal and non-verbal communication | devise strategies that apply effective verbal and non-verbal communication in response to feedback |
| **Collaboration** | engage with peers and other community members | engage with others and participate in group play, tasks and activities | participate cooperatively in groups on common tasks and activities | perform designated roles within groups, appreciating everyone’s contributions to a shared outcome  | coordinate contributions of group members, suggesting improvements to ways of working and collaborative outputs  | appreciate diverse perspectives in a range of collaborative contexts, demonstrating negotiation skills to improve ways of working and outputs  | devise strategies for collaborative work and outputs in a range of contexts, building on the perspectives, experiences and capabilities of group members  |
| **Leadership** | show an awareness of personal responsibility | practise self-leadership by taking responsibility for their own actions  | practise ways that they can lead self and others, and describe when it is appropriate to adopt a leadership approach  | guide and make leadership decisions with a view to how these influence others  | select and use different leadership approaches when acting as a sole leader or leading with others  | devise a plan for leading action and evaluate the appropriateness of various leadership approaches in the process | propose, implement and evaluate strategies to address needs at local, regional, national or global levels  |
| **Decision-making** | make choices that address their needs and wants | identify choices that meet the needs of themselves and others when making decisions  | practise individual and group decision-making | describe factors that influence decision-making and predict outcomes of individual and group decisions | explain factors that influence individual and group decision-making and consider the usefulness of these factors when making decisions  | devise and analyse individual and group decision-making processes | develop and apply criteria to evaluate the outcomes of individual and group decisions  |
| **Conflict resolution** | demonstrate understanding that others have feelings when conflict occurs | listen to conflicting perspectives and apply strategies to calm situations  | practise solving simple interpersonal problems, acknowledging there are many ways to prevent and solve conflict | apply a range of conflict resolution strategies to negotiate positive outcomes in a range of contexts | practise different strategies to prevent, defuse or resolve conflict, assessing the causes and effects of conflict | select and apply conflict prevention and resolution strategies in a range of contexts, based on an evaluation of suitability and effectiveness | generate, apply and evaluate strategies to prevent and/or resolve interpersonal and intergroup conflicts |

*Table 2: Personal and Social capability learning continuum version 8.4*

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| **Sub-element**  | **Level 1a** Students:   | **Level 1b** Typically, by the end of Foundation Year, students:   | **Level 2** Typically, by the end of Year 2, students:   | **Level 3** Typically, by the end of Year 4, students:   | **Level 4** Typically, by the end of Year 6, students:   | **Level 5** Typically, by the end of Year 8, students:   | **Level 6** Typically, by the end of Year 10, students:   |
| **Self-awareness element** |
| **Recognise emotions**  | recognise and identify their own emotions   | identify a range of emotions and describe situations that may evoke these emotions   | compare their emotional responses with those of their peers   | describe the influence that people, situations and events have on their emotions   | explain how the appropriateness of emotional responses influences behaviour   | examine influences on, and consequences of, their emotional responses in learning, social and work-related contexts   | reflect critically on their emotional responses to challenging situations in a wide range of learning, social and work-related contexts   |
| **Recognise personal qualities and achievements**  | express a personal preference   | identify their likes and dislikes, needs and wants, and explore what influences these   | identify and describe personal interests, skills and achievements and explain how these contribute to family and school life   | describe personal strengths and challenges and identify skills they wish to develop   | describe the influence that personal qualities and strengths have on their learning outcomes   | make a realistic assessment of their abilities and achievements, and prioritise areas for improvement   | assess their strengths and challenges and devise personally appropriate strategies to achieve future success   |
| **Understand themselves as learners**  | select tasks they can do in different learning contexts   | identify their abilities, talents and interests as learners   | discuss their strengths and weaknesses as learners and identify some learning strategies to assist them   | identify and describe factors and strategies that assist their learning   | identify preferred learning styles and work habits   | identify and choose a range of learning strategies appropriate to specific tasks and describe work practices that assist their learning   | evaluate the effectiveness of commonly used learning strategies and work practices and refine these as required   |
| **Develop reflective practice**  | recognise and identify participation in or completion of a ask   | reflect on their feelings as learners and how their efforts affect skills and achievements   | reflect on what they have learnt about themselves from a range of experiences at home and school   | reflect on personal strengths and achievements, based on self-assessment strategies and teacher feedback   | monitor their progress, seeking and responding to feedback from teachers, to assist them in consolidating strengths, addressing weaknesses and fulfilling their potential   | predict the outcomes of personal and academic challenges by drawing on previous problem-solving and decision-making strategies and feedback from peers and teachers   | reflect on feedback from peers, teachers and other adults, to analyse personal characteristics and skill sets that contribute to or limit their personal and social capability   |
| **Self-management element**  |
| **Express emotions appropriately**  | recognise and identify how their emotions influence the way they feel and act   | express their emotions constructively in interactions with others    | describe ways to express emotions to show awareness of the feelings and needs of others   | identify and describe strategies to manage and moderate emotions in increasingly unfamiliar situations   | explain the influence of emotions on behaviour, learning and relationships   | forecast the consequences of expressing emotions inappropriately and devise measures to regulate behaviour   | consider control and justify their emotional responses in expressing their opinions, beliefs, values, questions and choices   |
| **Develop self-discipline and set goals**  | make a choice to participate in a class activity   | follow class routines to assist learning   | set goals in learning and personal organisation by completing tasks within a given time    | explain the value of self-discipline and goal setting in helping them to learn   | analyse factors that influence their ability to self-regulate devise and apply strategies to monitor own behaviour and set realistic learning goals   | select, use and analyse strategies that assist in regulating behaviour and achieving personal and learning goals   | critically analyse self-discipline strategies and personal goals and consider their application in social and work-related contexts   |
| **Work independently and show initiative**  | attempt tasks with support or prompts   | attempt tasks independently and identify when, and from whom, help can be sought   | work independently on routine tasks and experiment with strategies to complete other tasks where appropriate   | consider, select and adopt a range of strategies for working independently and taking initiative   | assess the value of working independently and taking initiative to do so where appropriate   | critique their effectiveness in working independently by identifying enablers and barriers to achieving goals   | establish personal priorities, manage resources effectively and demonstrate initiative to achieve personal goals and learning outcomes    |
| **Become confident,resilient and adaptable**  | identify people and situations where they feel a sense of familiarity or belonging   | identify situations that feel safe or unsafe, and approach new situations with confidence   | undertake and persist with short tasks, within the limits of personal safety   | persist with tasks when faced with challenges and adapt their approach where first attempts are not successful    | devise strategies and formulate plans to assist in the completion of challenging tasks and the maintenance of personal safety    | assess, adapt and modify personal and safety strategies and plans, and revisit tasks with renewed confidence   | evaluate, rethink and refine approaches to tasks to take account of unexpected or difficult situations and safety considerations    |

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|  **Social awareness element**  |
| **Appreciate diverse perspectives**  | show an awareness for the feelings, needs and interests of others   | acknowledge that people hold many points of view   | describe similarities and differences in points of view between themselves and people in their communities   | discuss the value of diverse perspectives and describe a point of view that is different from their own  | explain how means of communication differ within and between communities and identify the role these play in helping or hindering understanding of others   | acknowledge the values, opinions and attitudes of different groups within society and compare to their own points of view   | articulate their personal value system and analyse the effects of actions that repress social power and limit the expression of diverse views   |
| **Contribute to civil society**  | describe ways they can help at home and school  | describe how they contribute to their homes, classrooms and local communities, and how others care for and assist them    | identify the various communities to which they belong and what they can do to make a difference   | identify a community need or problem and consider ways to take action to address it    | analyse personal and social roles and responsibilities in planning and implementing ways of contributing to their communities   | plan, implement and evaluate ways of contributing to civil society at local, national regional and global levels   |
| **Understand relationships**  | explore relationships through play and group experiences   | identify ways to care for others, including ways of making and keeping friends   | describe factors that contribute to positive relationships, including with people at school and in their community    | identify the differences between positive and negative relationships and ways of managing these   | identify indicators of possible problems in relationships in a range of social and work-related situations   | explain how relationships differ between peers, parents, teachers and other adults, and identify the skills needed to manage different types of relationships   |

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|  **Social management element**  |
| **Communicate effectively**  | respond to the feelings, needs and interests of others   | identify positive ways to initiate, join and interrupt conversations with adults and peers   | discuss the use of verbal and non-verbal communication skills to respond appropriately to adults and peers   | identify communication skills that enhance relationships for particular groups and purposes   | identify and explain factors that influence effective communication in a variety of situations    | analyse enablers of, and barriers to, effective verbal, non-verbal and digital communication   | formulate plans for effective communication (verbal, nonverbal, digital) to complete complex tasks   |
| **Work collaboratively**  | share experiences of cooperation in play and group activities   | identify cooperative behaviours in a range of group activities   | describe characteristics of cooperative behaviour and identify evidence of these in group activities   | contribute to groups and teams, suggesting improvements in methods used for group investigations and projects   | assess the extent to which individual roles and responsibilities enhance group cohesion and the achievement of personal and group objectives   | critique their ability to devise and enact strategies for working in diverse teams, drawing on the skills and contributions of team members to complete complex tasks    |
| **Make decisions**  | identify options when making decisions to meet their needs and the needs of others   | practise individual and group decision-making in situations such as class meetings and when working in pairs and small groups   | contribute to and predict the consequences of group decisions in a range of situations   | identify factors that influence decision-making and consider the usefulness of these in making their own decisions   | assess individual and group decision-making processes in challenging situations   | develop and apply criteria to evaluate the outcomes of individual and group decisions and analyse the consequences of their decision-making   |
| **Negotiate and resolve conflict**  | listen to others’ ideas and recognise that others may see things differently from them   | practise solving simple interpersonal problems, recognising there are many ways to solve conflict   | identify a range of conflict resolution strategies to negotiate positive outcomes to problems   | identify causes and effects of conflict, and practise different strategies to defuse or resolve conflict situations   | assess the appropriateness of various conflict resolution strategies in a range of social and work-related situations   | generate, apply and evaluate strategies such as active listening, mediation and negotiation to prevent and resolve interpersonal problems and conflicts   |
| **Develop leadership skills**  |  | identify ways to take responsibility for familiar tasks at home and school     | discuss ways in which they can take responsibility for their own actions     | discuss the concept of leadership and identify situations where it is appropriate to adopt this role     | initiate or help to organise group activities that address a common need     | plan school and community projects, applying effective problem-solving and team-building strategies and making the most of available resources to achieve goals   | propose, implement and monitor strategies to address needs prioritised at local, national, regional and global levels, and communicate these widely  |