

The following VELS grid shows how *Jump Start 7 & 8* enables teachers to address the **Level 5** Standards in Health and Physical Education.

STRAND: PHYSICAL, PERSONAL AND SOCIAL LEARNING			
Domain	Dimension	Standard	Contents
Health and PE	Health knowledge and promotion	Describe the physical, emotional and social changes that occur as a result of the adolescent stage of the lifespan and the factors that influence their own development.	Chapter 1 <i>Getting Personal</i> Chapter 2 <i>An Amazing Journey</i>
		Describe the effect of family and community expectations on the development of personal identity and values	Chapter 1 <i>Getting Personal</i>
		Identify outcomes of risk-taking behaviours and evaluate harm-minimisation strategies	Chapter 3 <i>Risky Business</i> Chapter 6 <i>Out and About</i>
		Identify the health concerns of young people and the strategies that are designed to improve their health	Chapter 3 <i>Risky Business</i>
		Describe the health resources, products and services available for young people and consider how they could be used to improve health	Chapter 1 <i>Getting Personal</i> Chapter 2 <i>An Amazing Journey</i>
		Analyse a range of influences on personal and family food selection and identify major nutritional needs for growth and activity	Chapter 4 <i>Food, Glorious Food</i>
	Movement and physical activity	Proficiently perform complex movement and manipulative skills	Chapter 5 <i>Skill it Up</i> Chapter 6 <i>Out and About</i>
		Measure their own fitness and physical activity levels and identify factors that influence motivation to be physically active	Chapter 7 <i>Get Physical</i>
		Maintain regular participation in moderate to vigorous physical activity.	Chapter 6 <i>Out and About</i> Chapter 7 <i>Get Physical</i>
		Analyse and evaluate their level of involvement in physical activity.	Chapter 7 <i>Get Physical</i>
		Combine motor skills, strategic thinking and tactical knowledge to improve individual and team performance	Chapter 5 <i>Skill it Up</i> Chapter 8 <i>Be Your Best</i>

The following VELS grid shows how *Jump Start 9 & 10* enables teachers to address the **Level 6** Standards in Health and Physical Education.

STRAND: PHYSICAL, PERSONAL AND SOCIAL LEARNING			
Domain	Dimension	Standard	Contents
Health and PE	Health knowledge and promotion	Identify and describe a range of social and cultural factors that influence the development of personal identity and values.	Chapter 2 <i>Dare to be Different</i>
		Identify and explain the rights and responsibilities associated with developing greater independence, including those related to sexual matters and sexual relationships	Chapter 1 <i>Graphs, Facts & Stats</i> Chapter 2 <i>Dare to be Different</i> Chapter 3 <i>Let's Connect</i>
		Describe mental health issues relevant to young people.	Chapter 4 <i>Mind Your Own Business</i>
		Compare and evaluate perceptions of challenge, risk and safety.	Chapter 3 <i>Let's Connect</i> Chapter 5 <i>Risky Business</i> Chapter 10 <i>Playing it Safe</i>
		Demonstrate understanding of appropriate assertiveness and resilience strategies.	Chapter 3 <i>Let's Connect</i> Chapter 4 <i>Mind Your Own Business</i> Chapter 5 <i>Risky Business</i>
		Analyse the positive and negative health outcomes of a range of personal behaviours and community actions	Chapter 1 <i>Graphs, Facts & Stats</i>
		Identify the health services and products provided by government and non-government bodies and analyse those these can be used to support the health needs of young people.	Chapter 1 <i>Graphs, Facts and Stats</i> Chapter 6 <i>Food for Thought</i> Chapter 8 <i>Fit for Life</i> Chapter 10 <i>Playing it Safe</i>
		Identify and describe strategies that address current trends in the nutritional status of Australians	Chapter 6 <i>Food for Thought</i>
Health and PE	Movement and physical activity	Demonstrate proficiency in the execution of manipulative and movement skills during complex activities	Chapter 7 <i>Skill it Up</i>
		Demonstrate advanced skills in selected physical activities	Chapter 7 <i>Skill it Up</i>
		Use training methods to improve their fitness level	Chapter 8 <i>Fit for Life</i>
		Participate in sports, games, recreational and leisure activities that maintain regular participation in moderate to vigorous physical activity.	Chapter 8 <i>Fit for Life</i> Chapter 10 <i>Playing it Safe</i>
		Employ and devise skills and strategies to counter tactical challenges in game situations	Chapter 9 <i>Be a Sport</i>
		Assume responsibility for conduct of aspects of sporting competition in which roles are shared and display appropriate sporting behaviour	Chapter 9 <i>Be a Sport</i>