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The Bulldogs Game-Changers program equips students with essential life skills across social media, mental fitness, physical health, financial literacy, career planning, road safety, and leadership. Aligned with NSW DET Stage 6 Life Ready outcomes, it fosters wellbeing, responsible behaviour, and personal growth. Interactive sessions with players, coaches, and club management inspire and support students to confidently navigate modern challenges, shaping proactive, engaged citizens and future leaders. The table below maps each module to specific outcomes.



We have proudly collaborated with the NSW Department of Education to align our Game-Changers program with the department's Life Ready course.

## Cross-Mapping of Learning Intentions with NSW Department of Education Life Ready Syllabus

The *Bulldogs Game-Changers* program aligns with key educational outcomes across the Life Ready 11–12 Program. Each topic area - ranging from social media awareness to leadership - supports students in developing essential life skills, promoting wellbeing, and preparing for success beyond school. The table below outlines how each module connects to specific Life Ready Content Areas and Outcomes.

| Game-Changers Topic       | Alignment with Life Ready Content Area | Alignment with Life Ready Outcomes                                                                                                                           |                                                                                                                                                              |                                                                                                                                                              |                                                                                                                                                              |                                                                                                                             |
|---------------------------|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                           |                                        | Lesson 1                                                                                                                                                     | Lesson 2                                                                                                                                                     | Lesson 3                                                                                                                                                     | Lesson 4                                                                                                                                                     | Lesson 5                                                                                                                    |
| <b>Social Media</b>       | Independence                           | 6.1 – Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts | 6.1 – Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts | 6.1 – Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts | 6.1 – Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |                                                                                                                             |
| <b>Mental Fitness</b>     | Mental Health And Wellbeing            | 1.3 – Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others                       | 1.3 – Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others                       | 4.1 – Demonstrate capacity to build resilience and adapt to manage current and future challenges                                                             | 2.2 – Challenge inequity, discrimination and harassment based on age, sex, gender, race, religion, disability and sexuality                                  | 2.2 – Challenge inequity, discrimination and harassment based on age, sex, gender, race, religion, disability and sexuality |
| <b>Physical Health</b>    | Mental Health And Wellbeing            | 1.3 – Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others                       | 1.1 – Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations                                    | 1.3 – Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others                       |                                                                                                                                                              |                                                                                                                             |
| <b>Financial Literacy</b> | Independence                           | 7.1 – Demonstrate financial management, digital literacy and enterprise skills to                                                                            | 7.1 – Demonstrate financial management, digital literacy and enterprise skills to                                                                            | 7.3 – Apply skills to take personal responsibility for their actions to protect and enhance the                                                              | 7.1 – Demonstrate financial management, digital literacy and enterprise skills to                                                                            | 7.2 – Demonstrate the capacity to seek help for self and others                                                             |

| Game-Changers Topic    | Alignment with Life Ready Content Area | Alignment with Life Ready Outcomes                                                                                        |                                                                                                                                               |                                                                                                                         |                                                                                                                                                              |                                                                                                                                                              |
|------------------------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                        |                                        | Lesson 1                                                                                                                  | Lesson 2                                                                                                                                      | Lesson 3                                                                                                                | Lesson 4                                                                                                                                                     | Lesson 5                                                                                                                                                     |
|                        |                                        | facilitate education, workplace and community engagement                                                                  | facilitate education, workplace and community engagement                                                                                      | independence, health, safety and wellbeing of others                                                                    | facilitate education, workplace and community engagement                                                                                                     |                                                                                                                                                              |
| <b>Career Planning</b> | Independence                           | 1.1 – Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations | 1.1 – Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations                     | 4.2 – Propose, apply and evaluate solutions to take action to lead and contribute to healthy, safe and meaningful lives | 4.2 – Propose, apply and evaluate solutions to take action to lead and contribute to healthy, safe and meaningful lives                                      | 6.1 – Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |
| <b>Road Safety</b>     | Safe Travel                            | 5.2 – Recognise and respond appropriately to situations which may be limiting or harmful to self and others               | 5.1 – Critically analyse situations, attitudes and behaviours that influence independence, health, safety and wellbeing in different contexts | 5.2 – Recognise and respond appropriately to situations which may be limiting or harmful to self and others             | 5.2 – Recognise and respond appropriately to situations which may be limiting or harmful to self and others                                                  | 5.1 – Critically analyse situations, attitudes and behaviours that influence independence, health, safety and wellbeing in different contexts                |
| <b>Leadership</b>      | Independence                           | 4.1 – Demonstrate capacity to build resilience and adapt to manage current and future challenges                          | 2.1 – Show respect for the ideas, feelings and contributions of others in various contexts                                                    | 4.2 – Propose, apply and evaluate solutions to take action to lead and contribute to healthy, safe and meaningful lives | 6.1 – Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts | 2.2 – Challenge inequity, discrimination and harassment based on age, sex, gender, race, religion, disability and sexuality                                  |



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**Summary**  
**Cross Map: Game-Changers x Stage 6 Life Ready**

| Game-Changers Topic | Alignment with Life Ready Content Area | Alignment with Life Ready Outcomes |          |          |          |          |
|---------------------|----------------------------------------|------------------------------------|----------|----------|----------|----------|
|                     |                                        | Lesson 1                           | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 |
| Social Media        | Independence                           | 6.1                                | 6.1      | 6.1      | 6.1      | -        |
| Mental Fitness      | Mental Health And Wellbeing            | 1.3                                | 1.3      | 4.1      | 2.2      | 2.2      |
| Physical Health     | Mental Health And Wellbeing            | 1.3                                | 1.1      | 1.3      | -        | -        |
| Financial Literacy  | Independence                           | 7.1                                | 7.1      | 7.3      | 7.1      | 7.2      |
| Career Planning     | Independence                           | 1.1                                | 1.1      | 4.2      | 4.2      | 6.1      |
| Road Safety         | Safe Travel                            | 5.2                                | 5.1      | 5.2      | 5.2      | 5.1      |
| Leadership          | Independence                           | 4.1                                | 2.1      | 4.2      | 6.1      | 2.2      |



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### Life Ready Content Area: Independence

**Content Focus:** Students explore various forms of cyberbullying, including harassment, exclusion, and impersonation and associated importance of privacy settings and safeguarding of personal information online. Students will assess how digital footprints can influence their personal and professional lives and will be encouraged to advocate for responsible online behaviour and digital citizenship. Through role-playing and practical exercises, students will gain skills to manage and prevent cyberbullying while promoting a positive digital environment.

### Key Inquiry Questions:

- What are the different forms of cyberbullying, and how do they affect individuals?
- How do cyberbullying and digital footprints impact personal and professional lives?
- What measures can be taken to safeguard personal information online?
- How can students promote responsible behaviour and digital citizenship?

### Learning Intentions:

- 4.1 - Recognise various forms of cyberbullying.
- 4.2 - Implement privacy settings and safeguard personal information.
- 4.3 - Assess the impact of digital footprints on personal and professional life.
- 4.4 - Advocate for responsible online behaviour and digital citizenship.

| Lesson | Game-Changers Learning Intentions | Students Learn About               | Students Learn To                                                                                                                                                                                | Teaching and Learning Strategies                                                                                                                                                                     | Resources                                                                                                                                                                                                                             | Alignment with Life Ready 11-12 Outcomes                                                                                                                    |
|--------|-----------------------------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | 4.1                               | Forms and impacts of cyberbullying | <ul style="list-style-type: none"> <li>- Recognise and describe various forms of cyberbullying, including harassment, doxing, and exclusion.</li> <li>- Analyse the psychological and</li> </ul> | <ul style="list-style-type: none"> <li>- <b>Role-playing scenarios:</b> Simulate cyberbullying situations and discuss responses.</li> <li>- <b>Case study analysis:</b> Examine real-life</li> </ul> | <ul style="list-style-type: none"> <li>- <a href="#">eSafety Commissioner case study video</a></li> <li>- <a href="#">Kids Helpline Cyberbullying guide</a></li> <li>- <a href="#">eSafety Commissioner's Real Stories</a></li> </ul> | 6.1: Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |

| Lesson | Game-Changers Learning Intentions | Students Learn About        | Students Learn To                                                                                                                                                                                                                                 | Teaching and Learning Strategies                                                                                                                                     | Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Alignment with Life Ready 11-12 Outcomes                                                                                                                    |
|--------|-----------------------------------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                             | social impact of cyberbullying on victims and perpetrators.<br>- Develop strategies for safely intervening in or reporting cyberbullying incidents.                                                                                               | examples of cyberbullying.                                                                                                                                           | - NRL player guest appearance discussing cyberbullying                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                             |
| 2      | 4.2                               | Online privacy and security | - Implement effective privacy settings.<br>- Safeguard personal information and recognise potential threats to online security, such as phishing and identity theft.<br>- Evaluate the risks and benefits of sharing personal information online. | - <b>Workshop:</b> Hands-on session to adjust privacy settings on platforms.<br>- <b>Interactive guide:</b> Step-by-step instructions for managing privacy settings. | - <a href="#">Online Safety - BTN Special</a><br>- <a href="#">Act eSafe</a><br>- <a href="#">eSafety Kids advice</a><br>- <a href="#">eSafety Kids online friends advice</a><br>- <a href="#">eSafety kids online personal safety advice</a><br>- <a href="#">eSafety kids security and privacy advice</a><br>- <a href="#">Instagram Privacy Settings &amp; Information page</a><br>- <a href="#">Snapchat Video on Privacy</a><br>- <a href="#">Snapchat Safeguards for Teens</a> | 6.1: Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |

| Lesson | Game-Changers Learning Intentions | Students Learn About                                 | Students Learn To                                                                                                                                                                                                                                                                                                | Teaching and Learning Strategies                                                                                                                                                                                               | Resources                                                                                                                                                                                                                                                                                                                             | Alignment with Life Ready 11-12 Outcomes                                                                                                                    |
|--------|-----------------------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                                      |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                | - NRLW player guest appearance discussing cyberbullying                                                                                                                                                                                                                                                                               |                                                                                                                                                             |
| 3      | 4.3                               | Digital footprints and their long-term effects       | <ul style="list-style-type: none"> <li>- Assess the long-term impact of digital footprints on personal and professional life.</li> <li>- Develop strategies for maintaining a positive online presence.</li> <li>- Critically reflect on past online behaviour and its potential future implications.</li> </ul> | <ul style="list-style-type: none"> <li>- <b>Digital footprint map:</b> Create a visual map of online activities.</li> <li>- <b>Reflection activity:</b> Write a reflective response on managing digital footprints.</li> </ul> | <ul style="list-style-type: none"> <li>- <a href="#">ABC Digital Footprint Video</a></li> <li>- <a href="#">BTN's Internet Safety story</a></li> <li>- <a href="#">Teen Voices: Oversharing and Your Digital Footprint</a></li> <li>- Bulldogs Head of Social Media guest speaker on building a positive digital presence</li> </ul>  | 6.1: Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |
| 4      | 4.4                               | Responsible online behaviour and digital citizenship | <ul style="list-style-type: none"> <li>- Advocate and practice responsible online behaviour, including respectful communication and content sharing.</li> <li>- Create strategies for balancing online and offline life to prevent over-</li> </ul>                                                              | <ul style="list-style-type: none"> <li>- <b>Group projects:</b> Develop a ranking of most important rules to adhere to online.</li> <li>- <b>Peer review:</b> Provide feedback on responsible use strategies.</li> </ul>       | <ul style="list-style-type: none"> <li>- <a href="#">Play it safe and fair online</a></li> <li>- <a href="#">The eSafety Guide</a></li> <li>- <a href="#">eSafety Young People webpages</a></li> <li>- <a href="#">Consequences for kids' of endless screen time</a></li> <li>- Bulldogs Media Manager guest appearance on</li> </ul> | 6.1: Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |

| Lesson | Game-Changers Learning Intentions | Students Learn About | Students Learn To                                                                                                  | Teaching and Learning Strategies | Resources               | Alignment with Life Ready 11-12 Outcomes |
|--------|-----------------------------------|----------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------------------|------------------------------------------|
|        |                                   |                      | reliance on digital interactions.<br>- Peer discussions to promote digital citizenship and ethical online conduct. |                                  | ethical digital conduct |                                          |

### Life Ready Content Area: Mental Health And Wellbeing

**Content Focus:** Students explore the importance of mental fitness and its critical impact on overall well-being. The module provides insights into common mental health issues and their symptoms, teaching students to recognise early signs and seek help when needed. Students also investigate stress management techniques and emotional resilience strategies to better handle life challenges. The module also highlights available mental health resources, ensuring students know where to turn for support.

### Key Inquiry Questions:

- Why is mental fitness crucial? and what effects does it have on overall wellbeing?
- How can symptoms of common mental health issues be identified and addressed?
- What techniques can be used to manage stress and build emotional resilience?
- What resources are available for mental health support, and how can they be accessed?
- How can students develop and implement strategies for personal wellbeing?

### Learning Intentions:

- 4.5 - Understand the importance of mental health and its impact.
- 4.6 - Identify symptoms of common mental health issues.
- 4.7 - Apply stress management and emotional resilience techniques.
- 4.8 - Recognise and utilize available mental health resources.
- 4.9 - Develop and implement personal well-being strategies.

| Lesson | Game-Changers Learning Intentions | Students Learn About                  | Students Learn To                                                                                                                                               | Teaching and Learning Strategies                                                                                                                          | Resources                                                                                                                                                                                   | Alignment with Life Ready 11-12 Outcomes                                                                                              |
|--------|-----------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 1      | 4.5                               | Basics of mental health and wellbeing | <b>- Understand the importance of mental fitness and its impact:</b><br>Recognise mental health as a fundamental aspect of overall wellbeing, understanding how | <b>- Lectures and discussions:</b><br>Explore mental health concepts.<br><b>- Interactive activity:</b> Develop a visual representation of mental health. | - <a href="#">Headspace Mental Health Fact sheet</a><br>- <a href="#">Black Dog Institute's Mental Health Future Proofing Study</a><br>- <a href="#">Ted Talk Mental Health in Schools:</a> | 1.3: Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others |

| Lesson | Game-Changers Learning Intentions | Students Learn About             | Students Learn To                                                                                                                                                                                                                                                                             | Teaching and Learning Strategies                                                                                          | Resources                                                                                                                                                                                                                                                                                                                    | Alignment with Life Ready 11-12 Outcomes                                                                                              |
|--------|-----------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                  | mental and emotional health influence daily life, academic performance, relationships, and long-term success. Learn about the biological, psychological, and social factors that contribute to mental health, and explore the effects of mental health stigma on individuals and communities. |                                                                                                                           | <a href="#">We're Doing it Wrong</a><br>- <a href="#">Interactive mental health assessment tool</a><br>- Bulldogs Head of Wellbeing guest appearance                                                                                                                                                                         |                                                                                                                                       |
| 2      | 4.6                               | Recognising mental health issues | <b>- Identify symptoms and signs of common mental health issues:</b> Learn to distinguish between typical emotional responses and signs of mental health conditions such as anxiety, depression, and stress. Understand how these conditions                                                  | <b>- Case studies:</b> Analyse scenarios to identify symptoms.<br><b>- Role-playing:</b> Practice responses with empathy. | - <a href="#">Beyond Blue's guide to Youth and mental health</a><br>- <a href="#">EMILY   The war in my head</a><br>- <a href="#">NSW Health's Role Play Scenario of Clarke</a><br>- <a href="#">Kids Helpline Video Exploring Anxiety and Stress Management</a><br>- Bulldogs GM of Stakeholder Engagement guest appearance | 1.3: Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others |

| Lesson | Game-Changers Learning Intentions | Students Learn About                                  | Students Learn To                                                                                                                                                                                                                                                                                                                 | Teaching and Learning Strategies                                                                                                                    | Resources                                                                                                                                                                                                                                                                             | Alignment with Life Ready 11-12 Outcomes                                                        |
|--------|-----------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|        |                                   |                                                       | manifest in different ways, including physical symptoms, behavioural changes, and cognitive patterns. Explore how to approach someone who may be experiencing mental health challenges and how to offer support effectively.                                                                                                      |                                                                                                                                                     |                                                                                                                                                                                                                                                                                       |                                                                                                 |
| 3      | 4.7                               | Coping strategies for stress and emotional challenges | <p><b>- Apply stress management and emotional resilience techniques:</b><br/>Develop a toolkit of stress management techniques, including mindfulness, deep breathing, time management, and physical activity. Learn how to apply these techniques in various situations, such as during exams, in social situations, or when</p> | <p><b>- Workshops:</b><br/>Learn stress management techniques.</p> <p><b>- Personal action plans:</b> Create strategies for coping with stress.</p> | <p>- <a href="#">Smiling Minds website</a></p> <p>- <a href="#">Service NSW's list of mental health support services</a></p> <p>- <a href="#">Smiling Mind Mental Fitness Model</a></p> <p>- <a href="#">Reach Out's guide to self-talk</a></p> <p>- NRLW player guest appearance</p> | 4.1: Demonstrate capacity to build resilience and adapt to manage current and future challenges |

| Lesson | Game-Changers Learning Intentions | Students Learn About              | Students Learn To                                                                                                                                                                                                                                                                                                                                                                                           | Teaching and Learning Strategies                                                                                                                          | Resources                                                                                                                                                                                             | Alignment with Life Ready 11-12 Outcomes                                                                                   |
|--------|-----------------------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                   | facing personal challenges. Build emotional resilience by practicing positive self-talk, setting realistic goals, and learning how to recover from setbacks.                                                                                                                                                                                                                                                |                                                                                                                                                           |                                                                                                                                                                                                       |                                                                                                                            |
| 4      | 4.8                               | Accessing mental health resources | <b>- Recognize and utilize available mental health resources:</b> Identify and evaluate a range of mental health resources, including school counsellors, mental health apps, hotlines, and community services. Learn how to access these resources for yourself or someone else and understand the importance of early intervention. Practice effective communication skills for seeking help, such as how | <b>- Research project:</b> Investigate local and online mental health resources.<br><b>- Resource mapping:</b> Develop a guide for mental health support. | <b>- <a href="#">Reach Out's Health and Wellbeing Apps Guide</a></b><br><b>- <a href="#">Kids Helpline raises awareness of kids' mental health</a></b><br><b>- Former NRL player guest appearance</b> | 2.2: Challenge inequity, discrimination and harassment based on age, sex, gender, race, religion, disability and sexuality |

| Lesson | Game-Changers Learning Intentions | Students Learn About          | Students Learn To                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Teaching and Learning Strategies                                                                                                          | Resources                                                                                                                                                                                                                                      | Alignment with Life Ready 11-12 Outcomes                                                                                   |
|--------|-----------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                               | to start a conversation about mental health with a trusted adult or peer.                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                           |                                                                                                                                                                                                                                                |                                                                                                                            |
| 5      | 4.9                               | Promoting personal well-being | <b>- Develop and implement personal well-being strategies:</b><br>Create a personalized well-being plan that includes regular physical activity, healthy eating, sufficient sleep, social connections, and hobbies. Learn to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals for maintaining well-being, and track progress through journaling or self-assessment tools. Engage in peer discussions to refine your strategies and receive feedback | <b>- Action plan creation:</b> Design personal well-being strategies.<br><b>- Peer sharing:</b> Share and critique well-being strategies. | - <a href="#">The Black Dog Institute Report on Adolescent Screen Use Report</a><br>- <a href="#">Kids Mental Health Foundation Scaffold</a><br>- <a href="#">Beyond Blue's Wellbeing Action Tool</a><br>- Bulldogs NRL Coach guest appearance | 2.2: Challenge inequity, discrimination and harassment based on age, sex, gender, race, religion, disability and sexuality |

| Lesson | Game-Changers Learning Intentions | Students Learn About | Students Learn To        | Teaching and Learning Strategies | Resources | Alignment with Life Ready 11-12 Outcomes |
|--------|-----------------------------------|----------------------|--------------------------|----------------------------------|-----------|------------------------------------------|
|        |                                   |                      | on your well-being plan. |                                  |           |                                          |

## Physical Health

### Life Ready Content Area: Mental Health And Wellbeing

**Content Focus:** Students will learn about the components of a balanced diet and its significance for overall health. The curriculum also covers various types of physical exercise, encouraging regular activity to enhance fitness and wellbeing. Personal hygiene practices are also outlined, emphasising their role in daily health management. The program also addresses the importance of sleep and its impact on health, offering strategies to improve sleep quality. Additionally, students will explore the risks associated with harmful substances and learn how to make informed choices to avoid these risks.

### Key Inquiry Questions:

- What are the key components of a balanced diet, and why are they important?
- How can different types of physical exercise contribute to overall health?
- What are the best practices for maintaining personal hygiene?
- How does sleep affect health, and what can be done to improve sleep quality?
- What are the risks of harmful substances, and how can they be avoided?

### Learning Intentions:

- 5.1 - Understand the components of a balanced diet.
- 5.2 - Identify and practice different types of physical exercise.
- 5.3 - Implement effective personal hygiene practices.
- 5.4 - Recognize the importance of sleep and improve sleep quality.
- 5.5 - Educate on the risks associated with harmful substances.

| Lesson | Game-Changers Learning Intentions | Students Learn About        | Students Learn To                                                                                                                                           | Teaching and Learning Strategies                                                                                                                   | Resources                                                                                                                                                                                                                       | Alignment with Life Ready 11-12 Outcomes                                                                                              |
|--------|-----------------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 1      | 5.1                               | Nutrition and balanced diet | - <b>Understand the components of a balanced diet and its benefits:</b> Learn about the essential nutrients required for the body, including carbohydrates, | - <b>Meal planning exercise:</b> Create balanced meal plans.<br>- <b>Nutrition workshop:</b> Evaluate different diets and their nutritional value. | - <a href="#">Australian Guide to Healthy Eating</a><br>- <a href="#">Eat for health's online calculators</a><br>- <a href="#">Eat for Health's guidelines</a><br>- <a href="#">Eat for Health's The five food groups guide</a> | 1.3: Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others |

| Lesson | Game-Changers Learning Intentions | Students Learn About       | Students Learn To                                                                                                                                                                                                                                                                                       | Teaching and Learning Strategies                                                                                                                 | Resources                                                                                                                                                                                                                                                                                             | Alignment with Life Ready 11-12 Outcomes                                                                                 |
|--------|-----------------------------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                            | proteins, fats, vitamins, and minerals.<br>Understand how these nutrients contribute to physical and mental well-being, energy levels, and overall health.<br>Analyse different food groups and their roles in maintaining a balanced diet and explore the long-term benefits of healthy eating habits. |                                                                                                                                                  | - <a href="#">NSW Active and Healthy guide to serving sizes</a><br>- Bulldogs Head of Performance guest appearance<br>- Bulldogs Players Gym tour                                                                                                                                                     |                                                                                                                          |
| 2      | 5.2                               | Types of physical exercise | <b>- Identify and practice different types of physical exercise:</b><br>Understand the various forms of physical activity, including aerobic, strength, flexibility, and balance exercises. Learn how each type of exercise benefits different aspects of health, such as                               | <b>- Fitness challenges:</b><br>Participate in exercise routines.<br><b>- Exercise workshops:</b><br>Demonstrate and practice various exercises. | - <a href="#">The 5 Components of Health-Related Physical Fitness</a><br>- <a href="#">video Skill related components of fitness</a><br>- <a href="#">Learn How to Run with the Beep Test!</a><br>- Bulldogs Head of Performance guest appearance<br>- Bulldogs Players Gym introduction to equipment | 1.1: Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations |

| Lesson | Game-Changers Learning Intentions | Students Learn About       | Students Learn To                                                                                                                                                                                                                                                                                                                                                      | Teaching and Learning Strategies                                                                                                    | Resources                                                                                               | Alignment with Life Ready 11-12 Outcomes                                                                                              |
|--------|-----------------------------------|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                            | cardiovascular fitness, muscle strength, and mental well-being. Develop personalized exercise routines that align with individual fitness levels, goals, and interests.                                                                                                                                                                                                |                                                                                                                                     |                                                                                                         |                                                                                                                                       |
| 3      | 5.3                               | Personal hygiene practices | <b>- Implement effective personal hygiene practices:</b> Gain a comprehensive understanding of the importance of personal hygiene in preventing illness and promoting overall health. Learn proper techniques for maintaining cleanliness, including handwashing, oral care, and grooming. Explore the impact of good hygiene on self-esteem, social interactions, and | <b>- Hygiene workshops:</b> Learn proper hygiene techniques.<br><b>- Practical activities:</b> Create a personal hygiene checklist. | <b>- <a href="#">HealthDirect's Personal hygiene guide</a></b><br><b>- NRLW Player guest appearance</b> | 1.3: Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others |

| Lesson | Game-Changers Learning Intentions | Students Learn About           | Students Learn To                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Teaching and Learning Strategies                                                                                                                              | Resources                                                                                                                                                                                                                                                                           | Alignment with Life Ready 11-12 Outcomes |
|--------|-----------------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
|        |                                   |                                | the prevention of diseases.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                               |                                                                                                                                                                                                                                                                                     |                                          |
| 4      | 5.4                               | Sleep and its impact on health | <p><b>- Recognize the importance of sleep and strategies for improving sleep:</b> Understand the critical role of sleep in physical and mental health, including its impact on cognitive function, emotional regulation, and overall well-being. Learn about the stages of sleep, common sleep disorders, and the effects of sleep deprivation. Develop strategies for improving sleep quality, such as establishing a sleep routine, managing screen time, and creating a conducive sleep environment.</p> | <p><b>- Sleep tracking:</b> Use a diary or app to monitor sleep patterns.</p> <p><b>- Improvement plans:</b> Develop strategies for better sleep quality.</p> | <p>- <a href="#">HealthDirect's Sleep Guide</a></p> <p>- <a href="#">Sleep Foundation's Tips</a></p> <p>- <a href="#">A walk through the stages of sleep</a></p> <p>- <a href="#">Healthline's report on the Sleep Cycle</a></p> <p>- Bulldogs NRLW Head Coach guest appearance</p> |                                          |
| 5      | 5.5                               | Avoiding harmful               | <b>- Educate on the risks associated</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>- Research project:</b> Present on the                                                                                                                     | - <a href="#">Addiction &amp; the Brain</a>                                                                                                                                                                                                                                         |                                          |

| Lesson | Game-Changers Learning Intentions | Students Learn About         | Students Learn To                                                                                                                                                                                                                                                                                                                                                             | Teaching and Learning Strategies                                                        | Resources                                                                                                                                                                  | Alignment with Life Ready 11-12 Outcomes |
|--------|-----------------------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
|        |                                   | substances and their effects | <b>with harmful substances:</b> Learn about the physical, mental, and social risks of using harmful substances, including alcohol, tobacco, and drugs. Understand the long-term consequences of substance abuse, such as addiction, health deterioration, and legal issues. Explore strategies for resisting peer pressure and making informed decisions about substance use. | effects of harmful substances.<br>- <b>Debate:</b> Engage in a debate on substance use. | - <a href="#">News Report How School Vape Sensors Work</a><br>- <a href="#">The Real Secret to Fighting Peer Pressure</a><br>- Bulldogs Head of Wellbeing guest appearance |                                          |

### Life Ready Content Area: Independence

**Content Focus:** Students will learn how to develop and manage a personal budget, basic principles of saving and investing, and identify ways to grow their financial resources. Responsible use of credit is emphasised, outlining techniques to manage credit and avoid debt. The module also covers consumer rights and protections, ensuring students can make informed financial decisions.

### Key Inquiry Questions:

- How can students create and manage a personal budget?
- What are the fundamental principles of saving and investing?
- How should credit be managed to avoid debt and maintain financial health?
- What strategies can be used to set and achieve personal financial goals?
- What are consumer rights, and how can informed financial decisions be made?

### Learning Intentions:

- 5.6 - Develop and manage a personal budget.
- 5.7 - Understand basic saving and investment principles.
- 5.8 - Manage and use credit responsibly.
- 5.9 - Set and work towards personal financial goals.
- 5.10 - Know consumer rights and make informed decisions.

| Lesson | Game-Changers Learning Intentions | Students Learn About               | Students Learn To                                                                                                                                | Teaching and Learning Strategies                                                                                  | Resources                                                                                                                                                                                                  | Alignment with Life Ready 11-12 Outcomes                                                                                                  |
|--------|-----------------------------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | 5.6                               | Budgeting and financial management | - <b>Develop and manage a personal budget:</b><br>Learn how to create a realistic and sustainable personal budget by identifying income sources, | - <b>Budget creation:</b><br>Develop a personal budget.<br>- <b>Budget tracking:</b><br>Monitor and adjust budget | - <a href="#">What Is A Budget?</a><br>- <a href="#">MoneySmart budgeting template</a><br>- <a href="#">Fixed and Variable Expenses</a><br>- <a href="#">MoneySmart's Save for an emergency fund guide</a> | 7.1: Demonstrate financial management, digital literacy and enterprise skills to facilitate education, workplace and community engagement |

| Lesson | Game-Changers Learning Intentions | Students Learn About            | Students Learn To                                                                                                                                                                                                                                           | Teaching and Learning Strategies                                                                                                                           | Resources                                                                                                                                                                                                                          | Alignment with Life Ready 11-12 Outcomes                                                                                                  |
|--------|-----------------------------------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                 | categorizing expenses, and setting financial priorities. Understand how to allocate funds effectively, track spending habits, and adjust the budget in response to changing circumstances, such as unexpected expenses or changes in income.                | based on scenarios.                                                                                                                                        | - Bulldogs Chief Operating Officer guest appearance                                                                                                                                                                                |                                                                                                                                           |
| 2      | 5.7                               | Saving and investing principles | - <b>Understand basic saving and investment principles:</b> Gain knowledge of different savings options, including traditional savings accounts, and explore investment vehicles such as stocks, bonds, and mutual funds. Learn about the risks and returns | - <b>SWOT ANALYSIS:</b> Investing in stock market V other options<br>- <b>Personal Money Journey:</b> Track where future savings will go pending age group | - <a href="#">What is Investing?</a><br>- <a href="#">MoneySmart's Guide to Develop an Investing Plan</a><br>- <a href="#">Financial Knowledge Centre's The Three-Bucket Approach</a><br>- Bulldogs GM of Finance guest appearance | 7.1: Demonstrate financial management, digital literacy and enterprise skills to facilitate education, workplace and community engagement |

| Lesson | Game-Changers Learning Intentions | Students Learn About                  | Students Learn To                                                                                                                                                                                                                                                                                                                               | Teaching and Learning Strategies                                                                                                                  | Resources                                                                                                                                                                                                                                                                                                                                                                                      | Alignment with Life Ready 11-12 Outcomes                                                                                                            |
|--------|-----------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                       | associated with each, and how to diversify investments to balance potential risks. Develop strategies for setting aside money for short-term needs and long-term financial growth.                                                                                                                                                              |                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                     |
| 3      | 5.8                               | Credit management and responsible use | <b>- Manage and use credit responsibly:</b><br>Understand how credit works, including the importance of maintaining a good credit score, the impact of interest rates on debt, and the long-term consequences of credit card misuse. Learn about different types of credit, such as loans and credit cards, and develop strategies for managing | <b>- Role-play scenarios:</b><br>Practice credit card use and debt management.<br><b>- Credit management plan:</b> Develop a plan for credit use. | <b>- <u>Financial Literacy—Debit and Credit</u></b> <ul style="list-style-type: none"> <li>• <a href="#">credit card company</a></li> <li>• <a href="#">PayPal</a></li> <li>• <a href="#">debit card</a></li> <li>• <a href="#">how BPAY works</a></li> <li>• <a href="#">Afterpay.</a></li> <li>• <a href="#">MoneySmart's Credit Card Calculator</a></li> </ul> -NRL player guest appearance | 7.3: Apply skills to take personal responsibility for their actions to protect and enhance the independence, health, safety and wellbeing of others |

| Lesson | Game-Changers Learning Intentions | Students Learn About                  | Students Learn To                                                                                                                                                                                                                                                                                                                                                                                                                | Teaching and Learning Strategies                                                                                                                      | Resources                                                                                                                                                                                                  | Alignment with Life Ready 11-12 Outcomes                                                                                                  |
|--------|-----------------------------------|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                       | debt, avoiding high-interest rates, and making timely payments to build and maintain creditworthiness.                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                       |                                                                                                                                                                                                            |                                                                                                                                           |
| 4      | 5.9                               | Setting and achieving financial goals | <p><b>- Set and work towards personal financial goals:</b> Learn how to set realistic and achievable financial goals, both short-term (such as saving for a vacation) and long-term (such as retirement planning). Understand the importance of aligning financial goals with personal values and priorities and develop strategies for achieving these goals through disciplined saving, investing, and spending practices.</p> | <p><b>- Goal setting exercise:</b> Define and plan for financial goals.</p> <p><b>- Progress tracking:</b> Use tools to monitor goal achievement.</p> | <p>- <a href="#">Setting Financial Goals</a></p> <p>- <a href="#">A Complete Guide to Goal Setting</a></p> <p>- <a href="#">property search site</a></p> <p>- Bulldogs GM of Football guest appearance</p> | 7.1: Demonstrate financial management, digital literacy and enterprise skills to facilitate education, workplace and community engagement |

| Lesson | Game-Changers Learning Intentions | Students Learn About            | Students Learn To                                                                                                                                                                                                                                                                                                                                                       | Teaching and Learning Strategies                                                                                                                              | Resources                                                                                                                                                                                                                         | Alignment with Life Ready 11-12 Outcomes                       |
|--------|-----------------------------------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 5      | 5.10                              | Consumer rights and protections | <b>- Know consumer rights and make informed decisions:</b><br>Understand the legal rights and protections available to consumers, including warranties, return policies, and protection against fraud and deceptive practices. Learn how to make informed purchasing decisions, recognize predatory practices, and seek redress in cases of consumer rights violations. | <b>- Research and presentation:</b><br>Investigate consumer protection laws.<br><b>- Case study analysis:</b><br>Examine cases of consumer rights violations. | - <a href="#">NSW Fair Trading Guide to Consumer Guarantees</a><br>- <a href="#">ScamWatch</a><br>- <a href="#">NCAT</a><br>- <a href="#">Choice's Guide to Buying a Smartphone</a><br>- Bulldogs Head of Retail guest appearance | 7.2: Demonstrate the capacity to seek help for self and others |

### Life Ready Content Area: Independence

**Content Focus:** The module guides students in developing professional resumes and cover letters, providing them with tools for job applications. Preparation for job interviews is a key component, with practical exercises to improve interview skills. Students will explore various career pathways and evaluate their options based on personal goals and market opportunities. Students are also taught how to build and leverage professional relationships to advance their careers.

### Key Inquiry Questions:

- How can personal interests and skills be assessed for career exploration?
- What are the key elements of a strong resume and cover letter?
- How can students prepare for and excel in job interviews?
- What are the different career pathways available, and how can they be evaluated?
- How can a professional network be built and used to advance career opportunities?

### Learning Intentions:

- 6.1 - Identify personal interests and skills for career exploration.
- 6.2 - Develop a professional resume and cover letter.
- 6.3 - Prepare for and perform well in job interviews.
- 6.4 - Explore and evaluate various career pathways.
- 6.5 - Build and leverage a professional network.

| Lesson | Game-Changers Learning Intentions | Students Learn About                              | Students Learn To                                                                                                                                           | Teaching and Learning Strategies                                                            | Resources                                                                                                                                                              | Alignment with Life Ready 11-12 Outcomes                                                                                 |
|--------|-----------------------------------|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| 1      | 6.1                               | Career exploration and personal skills assessment | - <b>Identify personal interests and skills:</b><br>Assess personal strengths, interests, and skills to explore potential career options.<br>Understand how | - <b>Interest and skills assessments:</b><br>Identify personal strengths via personal quiz. | - <a href="#">Indeed's Overview on Personal Values</a><br>- <a href="#">How to Find a Career You Genuinely Love</a><br>- <a href="#">YourCareer.gov.au Career Quiz</a> | 1.1: Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations |

| Lesson | Game-Changers Learning Intentions | Students Learn About                           | Students Learn To                                                                                                                                                                                                                                                                                                                                                      | Teaching and Learning Strategies                                                                                                                                                                                  | Resources                                                                                                                                                                                                                                                                                                                                                               | Alignment with Life Ready 11-12 Outcomes                                                                                 |
|--------|-----------------------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                                | these personal attributes align with various professions and industries and learn to articulate them effectively. Identify areas of passion and aptitude that can guide career decisions.                                                                                                                                                                              |                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>- <a href="#">Seek.com.au Guide to personal strengths are and how to identify them</a></li> <li>- Bulldogs Career Coach guest appearance</li> </ul>                                                                                                                                                                              |                                                                                                                          |
| 2      | 6.2                               | Resume writing and job application preparation | <ul style="list-style-type: none"> <li>- <b>Develop a professional resume and cover letter:</b> Create a well-organized, compelling resume and cover letter tailored to specific job applications. Learn about the key components of each document, including formatting, content, and language that effectively highlights qualifications and experiences.</li> </ul> | <ul style="list-style-type: none"> <li>- <b>Workshops:</b> Participate in resume and cover letter writing workshops.</li> <li>- <b>Template use:</b> Create resumes and cover letters using templates.</li> </ul> | <ul style="list-style-type: none"> <li>- <a href="#">Write an Amazing Cover Letter: 3 Golden Rules</a></li> <li>- <a href="#">Indeed's Guide to writing a Sports Resume</a></li> <li>- <a href="#">Canva Resume Templates</a></li> <li>- <a href="#">How to Take a Portrait Picture for Your CV with Your Phone</a></li> <li>- Bulldogs CEO guest appearance</li> </ul> | 1.1: Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations |

| Lesson | Game-Changers Learning Intentions | Students Learn About                        | Students Learn To                                                                                                                                                                                                                                                                                                  | Teaching and Learning Strategies                                                                                                                          | Resources                                                                                                                                                                                                                                                                          | Alignment with Life Ready 11-12 Outcomes                                                                               |
|--------|-----------------------------------|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 3      | 6.3                               | Job interview techniques and preparation    | <b>- Prepare for and perform well in job interviews:</b> Gain skills in interviewing techniques, including how to answer common questions, present oneself professionally, and handle difficult questions or scenarios. Understand the importance of body language, communication skills, and follow-up practices. | <b>- Mock interviews:</b> Conduct practice interviews with feedback.<br><b>- Interview preparation guide:</b> Develop tips and strategies for interviews. | - <a href="#">Preparing for a Job Interview Part 1</a><br>- <a href="#">Preparing for a Job Interview Part 2</a><br>- <a href="#">Indeed's article on 5 Situational Interview Questions</a><br>- Bulldogs Head of Pathways guest appearance                                        | 4.2: Propose, apply and evaluate solutions to take action to lead and contribute to healthy, safe and meaningful lives |
| 4      | 6.4                               | Exploring career pathways and opportunities | <b>- Explore and evaluate various career options:</b> Investigate different career pathways, including education requirements, job responsibilities, and growth opportunities. Evaluate how these career options align with personal                                                                               | <b>- Career research project:</b> Investigate career pathways.<br><b>- Guest speakers:</b> Invite professionals to discuss career experiences.            | - <a href="#">Find Your WHY by Simon Sinek</a><br>- <a href="#">How to Pick a Career (That Actually Fits You)</a><br>- <a href="#">Job Jumpstart Guide to Job and Career Ideas</a><br>- <a href="#">Career Personality Profile Test</a><br>- Bulldogs NRLW player guest appearance | 4.2 Propose, apply and evaluate solutions to take action to lead and contribute to healthy, safe and meaningful lives  |

| Lesson | Game-Changers Learning Intentions | Students Learn About                              | Students Learn To                                                                                                                                                                                                                                                                                                                                              | Teaching and Learning Strategies                                                                                                           | Resources                                                                                                                                                                                                                                                                                                                       | Alignment with Life Ready 11-12 Outcomes                                                                                                                    |
|--------|-----------------------------------|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                                   | goals and aspirations. Understand the steps required to pursue and succeed in various careers.                                                                                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                             |
| 5      | 6.5                               | Networking and professional relationship building | <b>- Build and leverage a professional network:</b> Develop strategies for building and maintaining a professional network, including effective communication, relationship-building, and leveraging connections for career advancement. Understand the importance of networking in career development and how to use these connections for job opportunities. | <b>- Networking events:</b> Participate in mock networking events.<br><b>- Relationship-building exercises:</b> Enhance networking skills. | - <a href="#">Youth Central's Guide on How to Network</a><br>- <a href="#">Professional networking for students</a><br>- <a href="#">Building a Strong Professional Network: Key Strategies for Success</a><br>- <a href="#">How to Leverage Being an Introvert</a><br>- Bulldogs GM of Stakeholder Engagement guest appearance | 6.1: Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |

### Life Ready Content Area: Safe Travel

**Content Focus:** Promoting road safety and responsible driving practices. Students will learn about traffic laws and regulations, understanding their importance for safe driving. The program emphasizes safe driving techniques and the application of these practices in real-life scenarios. Students will explore the legal and personal consequences of reckless driving, encouraging responsible behaviour on the road. The curriculum also covers pedestrian and cyclist safety, promoting practices to ensure their protection. Finally, students will learn how to respond effectively to emergency situations, preparing them to handle unforeseen events on the road safely.

### Key Inquiry Questions:

- What are the key traffic laws and regulations that must be followed?
- What are the safe driving techniques, and how can they be applied in practice?
- What are the consequences of reckless driving, and how can they be mitigated?
- How can safety for pedestrians and cyclists be promoted and ensured?
- What are the effective responses to emergency situations on the road?

### Learning Intentions:

- 6.6 - Understand and follow traffic laws and regulations.
- 6.7 - Apply safe driving techniques.
- 6.8 - Recognize legal and personal impacts of reckless driving.
- 6.9 - Promote safety for pedestrians and cyclists.
- 6.10 - Respond effectively in emergency situations.

| Lesson | Game-Changers Learning Intentions | Students Learn About          | Students Learn To                                                                                                                                      | Teaching and Learning Strategies                                                                                                            | Resources                                                                                                                            | Alignment with Life Ready 11-12 Outcomes                                                                   |
|--------|-----------------------------------|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1      | 6.6                               | Traffic rules and regulations | <b>- Understand and follow traffic laws and regulations:</b><br>Learn about various traffic laws, including speed limits, right-of-way rules, and road | <b>- Traffic rules review:</b> Conduct quizzes on traffic laws.<br><b>- Case studies:</b> Analyse traffic incidents and their consequences. | - <a href="#">Driver Knowledge Tests' Guide to Understanding Road Signs in Australia</a><br>- <a href="#">Transport NSW's Top-10</a> | 5.2: Recognise and respond appropriately to situations which may be limiting or harmful to self and others |

| Lesson | Game-Changers Learning Intentions | Students Learn About                  | Students Learn To                                                                                                                                                                                                                                    | Teaching and Learning Strategies                                                                                                                  | Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Alignment with Life Ready 11-12 Outcomes                                                                                                     |
|--------|-----------------------------------|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                       | signs. Understand the importance of adhering to these rules to ensure safety and avoid legal consequences. Explore how different laws apply in various driving scenarios.                                                                            |                                                                                                                                                   | <a href="#">Misunderstood Road Rules</a> <ul style="list-style-type: none"> <li>• <a href="#">Roundabouts</a></li> <li>• <a href="#">Giving Way to Pedestrians</a></li> <li>• <a href="#">Mobile Phones</a></li> <li>• <a href="#">Merging</a></li> <li>• <a href="#">Keeping Left</a></li> <li>• <a href="#">Using Headlights &amp; Fog Lights</a></li> <li>• <a href="#">U-turns</a></li> <li>• <a href="#">Safe Following Distances</a></li> <li>• <a href="#">School Zones</a></li> <li>• <a href="#">Yellow Traffic Lights</a></li> </ul> -Bulldogs NRL player guest appearance |                                                                                                                                              |
| 2      | 6.7                               | Safe driving practices and techniques | <b>- Apply safe driving techniques:</b> Learn and practice essential driving skills, including defensive driving, proper use of vehicle controls, and strategies for maintaining focus and avoiding distractions. Understand how to handle different | <b>- Driving simulations:</b> Practice safe driving techniques.<br><b>- Safety workshops:</b> Focus on defensive driving and accident prevention. | - <a href="#">Defensive Driving Tips</a><br>- <a href="#">NSW Government Guide to Safe Stopping Distance</a><br>- <a href="#">Canva</a><br>- <a href="#">NSW Government's Safe Stopping Distance Infographic</a><br>- <a href="#">NSW Government Guide to Driving Distractions</a>                                                                                                                                                                                                                                                                                                   | 5.1: Critically analyse situations, attitudes and behaviours that influence independence, health, safety and wellbeing in different contexts |

| Lesson | Game-Changers Learning Intentions | Students Learn About             | Students Learn To                                                                                                                                                                                                                                                                                                | Teaching and Learning Strategies                                                                                                                                                           | Resources                                                                                                                                                                                                                                                                                                                                                                                                                      | Alignment with Life Ready 11-12 Outcomes                                                                   |
|--------|-----------------------------------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
|        |                                   |                                  | driving conditions, such as adverse weather and heavy traffic.                                                                                                                                                                                                                                                   |                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>- <a href="#">NSW Government's Guide to Driving in Poor Conditions</a></li> <li>- Bulldogs NRLW player guest appearance</li> </ul>                                                                                                                                                                                                                                                      |                                                                                                            |
| 3      | 6.8                               | Consequences of reckless driving | <p>- <b>Recognize legal and personal impacts of reckless driving:</b> Understand the severe consequences of reckless driving, including legal penalties, financial costs, and personal harm. Study the impact on victims and the broader community and explore strategies for preventing reckless behaviour.</p> | <p>- <b>Impact analysis:</b> Study real-life cases of reckless driving.</p> <p>- <b>Guest speaker:</b> Discuss effects of reckless driving with a law enforcement officer or survivor.</p> | <ul style="list-style-type: none"> <li>- <a href="#">The NSW Government's Road Safety Statistics page</a></li> <li>- <a href="#">Speeding for fun: The psychology of fast driving</a></li> <li>- <a href="#">Judicial Commission of NSW's Sentencing Bench Book on Dangerous Driving</a></li> <li>- <a href="#">Towards Zero - Vicki's Story</a></li> <li>- Guest speaker from Traffic &amp; Highway Patrol Command</li> </ul> | 5.2: Recognise and respond appropriately to situations which may be limiting or harmful to self and others |
| 4      | 6.9                               | Pedestrian and cyclist safety    | <p>- <b>Promote safety for pedestrians and cyclists:</b> Learn about the safety practices for both pedestrians and cyclists, including the importance of</p>                                                                                                                                                     | <p>- <b>Safety drills:</b> Conduct drills on pedestrian and cyclist safety.</p> <p>- <b>Awareness campaigns:</b> Develop and</p>                                                           | <ul style="list-style-type: none"> <li>- <a href="#">Transport for NSW article "Staying Safe as a Pedestrian."</a></li> <li>- <a href="#">Transport NSW's Guide to Safety on Wheels</a></li> </ul>                                                                                                                                                                                                                             | 5.2: Recognise and respond appropriately to situations which may be limiting or harmful to self and others |

| Lesson | Game-Changers Learning Intentions | Students Learn About     | Students Learn To                                                                                                                                                                                                                                                                                                         | Teaching and Learning Strategies                                                                                                                      | Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Alignment with Life Ready 11-12 Outcomes                                                                                                     |
|--------|-----------------------------------|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                          | visibility, proper signalling, and respecting crosswalks.<br>Develop strategies to reduce accidents and promote safe behaviour among drivers, cyclists, and pedestrians.                                                                                                                                                  | present safety campaigns.                                                                                                                             | <ul style="list-style-type: none"> <li>- <a href="#">Transport NSW's Guide to Skateboards, foot scooters and rollerblades</a></li> <li>- <a href="#">E-scooters to become legal on NSW streets</a></li> <li>- Bulldogs NRL player guest appearance</li> </ul>                                                                                                                                                                                                                                                                                                |                                                                                                                                              |
| 5      | 6.10                              | Emergency response plans | <b>- Respond effectively in emergency situations:</b> Learn how to respond to various emergencies, including car accidents, medical emergencies, and natural disasters. Develop skills for assessing situations, providing first aid, and contacting emergency services. Understand the importance of having an emergency | <b>- Emergency simulations:</b> Practice emergency response scenarios.<br><b>- Response plans:</b> Create and review plans for different emergencies. | <ul style="list-style-type: none"> <li>- <a href="#">NSW Government Guide on What to Do at a Road Crash</a></li> <li>- <a href="#">St John Ambulance Guide to What To Do In A Car Accident – Responding With First Aid</a></li> <li>- <a href="#">Hazards Near Me NSW</a></li> <li>- <a href="#">Emergency Plus</a></li> <li>- <a href="#">How to react to Emergency Vehicles in N.S.W</a></li> <li>- <a href="#">The Bureau of Health Information's Data on Ambulance Performance</a></li> <li>- <a href="#">Road Sense Australia's Guide to</a></li> </ul> | 5.1: Critically analyse situations, attitudes and behaviours that influence independence, health, safety and wellbeing in different contexts |

| Lesson | Game-Changers Learning Intentions | Students Learn About | Students Learn To       | Teaching and Learning Strategies | Resources                                                                                                                                                               | Alignment with Life Ready 11-12 Outcomes |
|--------|-----------------------------------|----------------------|-------------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
|        |                                   |                      | response plan in place. |                                  | <a href="#">Immediate actions after a car crash</a><br>- <a href="#">Transport For NSW's Guide to Breakdown Safety</a><br>- Bulldogs Head of Wellbeing guest appearance |                                          |

## Leadership

### Life Ready Content Area: Independence

**Content Focus:** Students will explore different leadership styles and their applications, learning how to adapt their approach to various situations. The program emphasises effective communication and team dynamics, teaching students how to lead and collaborate effectively. Motivation and team management strategies are covered to help students lead teams successfully. Additionally, the course focuses on fostering inclusiveness and diversity within leadership roles, promoting a fair and supportive environment for all team members.

### Key Inquiry Questions:

- What are the different leadership styles, and how can they be applied effectively?
- How can effective communication and team dynamics enhance leadership?
- What strategies can be used to motivate and manage teams successfully?
- How can inclusiveness and diversity be fostered within a leadership context?

### Learning Intentions:

- E.1 - Identify and apply different leadership styles.
- E.2 - Work effectively within teams.
- E.3 - Develop communication and decision-making skills.
- E.4 - Motivate and inspire others through leadership.
- E.5 - Foster inclusiveness and manage team dynamics.

| Lesson | Game-Changers Learning Intentions | Students Learn About                     | Students Learn To                                                                                                                                                                     | Teaching and Learning Strategies                                                                                                                                               | Resources                                                                                                                                                                                                                        | Alignment with Life Ready 11-12 Outcomes                                                        |
|--------|-----------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| 1      | E.1                               | Leadership styles and their applications | <b>- Identify and apply different leadership styles:</b><br>Understand various leadership styles, such as transformational, transactional, and servant leadership. Learn how to adapt | <b>- Leadership style assessment:</b><br>Complete assessments to identify personal leadership styles.<br><b>- Style application:</b><br>Role-play different leadership styles. | <a href="#">- Ted Talk How Great Leaders Inspire Action</a><br><a href="#">- Purpose in Leadership: Why &amp; How</a><br><a href="#">- The 8 Types of Leadership Styles</a><br><a href="#">- Leadership Self-Assessment Quiz</a> | 4.1: Demonstrate capacity to build resilience and adapt to manage current and future challenges |

| Lesson | Game-Changers Learning Intentions | Students Learn About                     | Students Learn To                                                                                                                                                                                                                                                                                                                                                                         | Teaching and Learning Strategies                                                                                                                                                                              | Resources                                                                                                                                                                                                                                                                                                                                        | Alignment with Life Ready 11-12 Outcomes                                                                               |
|--------|-----------------------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                          | these styles to different situations and team needs. Explore the strengths and weaknesses of each style and how they impact team performance and morale.                                                                                                                                                                                                                                  |                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>- <a href="#">Leadership Sphere's article on 5 Ways Leaders Influence Performance</a></li> <li>- Bulldogs GM of Football guest appearance</li> </ul>                                                                                                                                                      |                                                                                                                        |
| 2      | E.2                               | Team roles, dynamics, and collaboration  | <ul style="list-style-type: none"> <li>- <b>Work effectively within teams:</b> Understand team roles and dynamics, including how to collaborate, delegate tasks, and manage conflicts. Develop skills for building trust, fostering inclusiveness, and enhancing team productivity. Learn to recognize and leverage the strengths of each team member to achieve common goals.</li> </ul> | <ul style="list-style-type: none"> <li>- <b>Team-building exercises:</b> Engage in activities to enhance team collaboration.</li> <li>- <b>Group projects:</b> Reflect on team roles and dynamics.</li> </ul> | <ul style="list-style-type: none"> <li>- <a href="#">Simon Sinek's Trusting Teams   The 5 Practices</a></li> <li>- <a href="#">Atlassian article; The importance of teamwork - As proven by science</a></li> <li>- <a href="#">Indeed's Guide on How to Delegate Tasks Effectively</a></li> <li>- Bulldogs NRL Coach guest appearance</li> </ul> | 2.1: Show respect for the ideas, feelings and contributions of others in various contexts                              |
| 3      | E.3                               | Communication and decision-making skills | <ul style="list-style-type: none"> <li>- <b>Develop problem-solving and decision-making skills:</b></li> </ul>                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>- <b>Problem-solving workshops:</b> Focus on creative and critical thinking.</li> </ul>                                                                                | <ul style="list-style-type: none"> <li>- <a href="#">Ted-Ed Video 5 tips to improve your Critical Thinking</a></li> </ul>                                                                                                                                                                                                                        | 4.2: Propose, apply and evaluate solutions to take action to lead and contribute to healthy, safe and meaningful lives |

| Lesson | Game-Changers Learning Intentions | Students Learn About            | Students Learn To                                                                                                                                                                                                                                                                                                                     | Teaching and Learning Strategies                                                                                                                 | Resources                                                                                                                                                                                                                                                                                                                                                           | Alignment with Life Ready 11-12 Outcomes                                                                                                                    |
|--------|-----------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                   |                                 | Learn techniques for analysing problems, generating solutions, and making informed decisions. Explore both creative and critical thinking approaches to problem-solving.                                                                                                                                                              | - <b>Simulation exercises:</b> Practice problem-solving in complex situations.                                                                   | - <a href="#">Mind Tools Guide to Applying the 5 Whys</a><br>- Bulldogs NRL Player guest appearance                                                                                                                                                                                                                                                                 |                                                                                                                                                             |
| 4      | E.4                               | Motivating and inspiring others | - <b>Practice effective communication techniques:</b><br>Develop skills in both verbal and non-verbal communication, including active listening, clear articulation, and appropriate body language. Learn strategies for effective communication in different contexts, such as meetings, presentations, and one-on-one interactions. | - <b>Communication skills training:</b><br>Focus on verbal and non-verbal skills.<br>- <b>Role-playing:</b><br>Practice communication scenarios. | - <a href="#">Ted-Ed video How do our brains process speech?</a><br>- <a href="#">Harvard's 8 Ways You Can Improve Your Communication Skills</a><br>- <a href="#">Harvard Business Review's 6 Ways to Look More Confident During a Presentation</a><br>- <a href="#">Indeed's Guide on How To Improve Articulation</a><br>- Bulldogs Media Manager guest appearance | 6.1: Assess, adapt and apply skills to develop and maintain respectful relationships and successfully participate in education, work and community contexts |
| 5      | E.5                               | Inclusiveness and managing      | - <b>Inspire and motivate others:</b><br>Learn strategies for                                                                                                                                                                                                                                                                         | - <b>Motivational workshops:</b> Learn techniques for                                                                                            | - <a href="#">Centre for Creative Leadership's article</a>                                                                                                                                                                                                                                                                                                          | 2.2: Challenge inequity, discrimination and harassment based on age, sex, gender, race, religion, disability and sexuality                                  |

| Lesson | Game-Changers Learning Intentions | Students Learn About | Students Learn To                                                                                                                                                                                                                                                      | Teaching and Learning Strategies                                                                                | Resources                                                                                                                                                                                                                                                    | Alignment with Life Ready 11-12 Outcomes |
|--------|-----------------------------------|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
|        |                                   | team dynamics        | motivating individuals and teams, including setting goals, providing constructive feedback, and recognising achievements. Develop techniques to inspire and sustain motivation in various contexts, such as leadership roles, team projects, and personal development. | motivating others.<br>- <b>Leadership presentations:</b><br>Deliver presentations on strategies for motivation. | <a href="#">How to Give Feedback Most Effectively</a><br>- <a href="#">Simon Sinek Talk on How to Motivate the Unmotivated</a><br>- <a href="#">Forbes article The Art of Delivering Constructive Feedback</a><br>- Bulldogs GM of Football guest appearance |                                          |



We have proudly collaborated with the NSW Department of Education to align our Game-Changers program with the department's Life Ready course.