

Personal Development Skills

Foundation

Unit 1

Interpersonal Skills

A Guide to my Neighbourhood

My VCAL

Mental Health

Treasure Hunt

Teamwork Challenge

Coat of Arms

Victorian Holiday

Peer Teaching Lesson

Outcome 1: Plan, organise and carry out a simple activity.

1.1 Develop a plan for a simple activity or goal in relation to one or more of the following: <ul style="list-style-type: none"> resilience, self-esteem and efficacy health and wellbeing family, social and/or environmental responsibilities valuing participation in a democratic society. 		*	*	*	*	*		*	*
1.2 Select resources appropriate to carrying out the plan.		*	*	*	*	*		*	*
1.3 List success criteria for achievement of the activity.		*	*	*	*	*		*	*
1.4 Carry out the activity that involves a limited number of steps within a defined period of time.		*		*	*	*		*	*
1.5 Reflect upon own achievements and challenges of the activity.	*			*	*	*		*	*

Outcome 2: Demonstrate knowledge specific to a simple activity.

2.1 Identify and demonstrate knowledge that will contribute to the achievement of a simple activity.	*	*	*	*	*	*	*	*	*
2.2 Access and gather information required to complete the activity.	*	*	*	*	*	*	*	*	*
2.3 Outline the steps required for completion of the activity.	*			*	*	*	*	*	*
2.4 Reflect on own performance and outcomes achieved.	*				*	*	*	*	*

Outcome 3: Demonstrate skills specific to a simple activity.

3.1 Identify personal and other skills that will contribute to the achievement of a simple activity.	*			*	*	*	*	*	*
3.2 Demonstrate the use of skills relevant to the activity.	*	*	*	*	*	*	*	*	*
3.3 Use appropriate equipment and materials to suit the conditions under which the activity will be undertaken.		*	*	*	*	*	*	*	*
3.4 Reflect on own skill development within the activity.	*			*	*	*	*	*	*

Outcome 4: Solve a problem specific to a simple activity.

4.1 Identify a problem related to a simple activity.	*		*	*	*	*		*	*
4.2 Explain possible solutions to the problem.	*		*	*	*	*		*	*
4.3 Contribute to the activity that is aimed at resolving the problem.			*	*	*	*		*	*
4.4 Reflect upon the effectiveness of the action taken to resolve the problem.	*				*	*		*	*

Outcome 5: Demonstrate teamwork skills in a simple activity.

5.1 Participate in a simple activity demonstrating teamwork skills.	*				*	*		*	*
5.2 Describe personal factors that contribute to team work.	*				*	*		*	*
5.3 Reflect on factors that influence team behaviour.	*				*	*		*	*
5.4 Discuss the effectiveness of team processes for achieving goals.	*				*	*		*	*

I have mapped the GO VCAL! work to the outcomes in Personal Development Skills, but these are intended to be used only as a guide. They reflect my interpretation of the outcomes and they are not endorsed by the VCAA. As with any work, you should always check with your VCAL coordinator or the VCAA, that it satisfies the necessary requirements.