



SCHOOL CURRICULUM ALIGNMENT BROCHURE

SelectionProof

The Young Athlete Reset

A sport-based confidence, resilience and leadership program
for students in Years 7-12

Confidence
Beyond Selection

Helping young athletes build confidence beyond selection,
pressure and results.

Curriculum-aligned support for HPE, wellbeing, pastoral care and school sport

Prepared for Australian secondary schools | Founded by Baxter Holt

Why SelectionProof fits Australian secondary schools

SelectionProof is designed as a practical, sport-based learning program that supports the knowledge, skills and capabilities already prioritised in Australian Health and Physical Education, school wellbeing and student leadership programs.

Audience	Students in Years 7-12, especially school, club and pathway athletes navigating pressure, selection, confidence and identity.
Delivery	6 weekly online modules with student workbook, parent playbook, reflective activities and optional facilitated discussion.
School use	HPE enrichment, pastoral care, athlete wellbeing, sport academies, leadership programs, parent education or targeted athlete support.

National curriculum alignment

The Australian Curriculum: Health and Physical Education is organised through two strands - Personal, social and community health, and Movement and physical activity - and aims to develop personal, social and cognitive skills and strategies that promote self-identity, wellbeing and respectful relationships. SelectionProof supports these areas through sport-specific reflection, practical tools and guided conversations.

SelectionProof module	Key student learning	Curriculum alignment
Week 1: Identity Beyond Sport	Students explore identity, values, strengths and self-worth beyond results.	HPE: identities and change; wellbeing; self-identity. Personal and Social Capability: self-awareness, emotional awareness, reflective practice.
Week 2: Confidence After Failure	Students learn to review setbacks without self-attack and build evidence-based confidence.	HPE: wellbeing, resilience, reflective learning. Personal and Social Capability: self-management, perseverance, adaptability and goal setting.
Week 3: Performing Under Pressure	Students identify pressure signs, control controllables and practise a reset routine.	HPE: movement contexts, cognitive skills, confidence in physical activity. Personal and Social Capability: emotional regulation and self-management.
Week 4: Selection, Comparison & Rejection	Students process disappointment, comparison and non-selection using a response plan.	HPE: identity, belonging, relationships, wellbeing and respectful communication. Personal and Social Capability: decision-making, emotional regulation and reflective practice.
Week 5: Leadership & Great Teammate	Students define leadership behaviours and teammate standards.	HPE: teamwork, communication and leadership through movement. Personal and Social Capability: social awareness, collaboration and leadership.
Week 6: 90-Day Reset Plan	Students set goals and create habits for sustained growth.	HPE: healthy choices, participation and lifelong physical activity. Personal and Social Capability: goal setting, perseverance and adaptability.

Detailed curriculum connection map

SelectionProof does not replace a school syllabus. It functions as an aligned support resource that can sit within HPE, sport, wellbeing or pastoral structures and be adapted to local school context.

Australian Curriculum: Personal and Social Capability

Personal and Social Capability focuses on students understanding themselves and others, regulating thoughts, emotions and behaviours, and developing self-awareness, self-management, social awareness and social management. SelectionProof directly supports these elements through reflection, goal setting, emotional regulation, leadership and decision-making tasks.

Capability element	SelectionProof alignment	Example learning activity
Self-awareness	Students identify strengths, emotions, self-talk and identity beyond sport.	Identity Map; Confidence Bank; reflection questions.
Self-management	Students learn reset routines, review setbacks, set goals and respond to pressure.	Review, Don't Attack; Breathe-Reset-Refocus; 90-Day Reset Plan.
Social awareness	Students consider parent, coach and teammate perspectives and develop empathy.	Parent conversations; teammate reflection; comparison trap activity.
Social management	Students practise communication, leadership, decision-making and constructive responses.	Selection Response Plan; Leadership Standards; parent/coach discussion prompts.

NSW PDHPE 7-10 alignment

For NSW schools, SelectionProof aligns strongly with the 2024 PDHPE 7-10 focus areas, particularly Health and wellbeing through physical activity, Respectful relationships, and Identity, belonging and change. The NSW syllabus also identifies self-management, interpersonal and movement skills as interwoven through the focus areas.

NSW PDHPE focus area	How SelectionProof supports it
Health and wellbeing through physical activity	Uses sport as a context to build confidence, emotional regulation, resilience, wellbeing and constructive responses to pressure.
Identity, belonging and change	Explores identity beyond sport, non-selection, transitions, comparison, belonging and self-worth.
Respectful relationships	Builds parent-child conversations, coach feedback readiness, teammate support and constructive communication.
Movement skills and strategies	Connects pressure routines, focus cues and reset strategies to performance and movement contexts.
Safe, active and healthy lifestyle choices	Encourages healthy coping, help-seeking, reflection and sustained engagement in sport and physical activity.

How schools can implement SelectionProof

SelectionProof is flexible. It can be delivered as a self-paced online program, a guided cohort, or a school-facilitated enrichment experience for sport academies and targeted student groups.

Implementation option	Use case
Self-paced athlete access	Students complete weekly lessons and workbook activities independently with parent support.
Guided school cohort	School runs a 6-week cohort with Baxter-led or staff-facilitated check-ins.
Sport academy integration	Used inside cricket, rugby, football, rowing, netball, athletics or multi-sport development programs.
Pastoral/wellbeing support	Targeted resource for students dealing with confidence dips, pressure, selection disappointment or identity challenges.
Parent education	Parent Playbook supports conversations at home and helps families respond more constructively to pressure and setbacks.

Student outcomes

By the end of the program, students should be better able to:

- separate performance from identity
- review mistakes without self-attack
- use a simple pressure reset routine
- respond to non-selection and comparison
- communicate more constructively with parents and coaches
- lead through behaviour, effort and teammate support
- create a 90-day reset plan for growth

Program inclusions

- 6 weekly online modules
- Student workbook
- Parent Playbook
- Reflection and challenge activities
- Parent conversation prompts
- Pressure, confidence and selection response tools
- Optional live/facilitated sessions

Important positioning: SelectionProof is sport-based education and mentoring. It is not clinical therapy, counselling or a replacement for school wellbeing services. It is designed to complement curriculum, sport and pastoral programs.

School enquiry

To discuss a school pilot, sport academy cohort or parent information session, contact Baxter Holt via www.baxterholt.com.au/selectionproof.

References

- [1] Australian Curriculum, Version 9.0 - Health and Physical Education, structure and aims.
<https://www.australiancurriculum.edu.au/curriculum-information/understand-this-learning-area/health-and-physical-education>
- [2] Australian Curriculum, Version 9.0 - Personal and Social Capability, elements and key connections.
<https://www.australiancurriculum.edu.au/curriculum-information/understand-this-general-capability/personal-and-social-capability>
- [3] NSW Curriculum - Personal Development, Health and Physical Education 7-10 Syllabus (2024), course overview and focus areas.
<https://curriculum.nsw.edu.au/learning-areas/pdhpe/pdhpe-7-10-2024/overview>