

BIG IDEAS

Daily physical activity enables us to practice skillful movement and helps us develop personal fitness.

Physical literacy and fitness contribute to our success in and enjoyment of physical activity.

We experience many changes in our lives that influence how we see ourselves and others.

Healthy choices influence our physical, emotional, and mental well-being.

Learning about similarities and differences in individuals and groups influences community health.

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p>Physical literacy</p> <ul style="list-style-type: none"> Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments Develop and apply a variety of movement concepts and strategies in different physical activities Apply methods of monitoring and adjusting exertion levels in physical activity Develop and demonstrate safety, fair play, and leadership in physical activities Identify and describe preferred types of physical activity <p>Healthy and active living</p> <ul style="list-style-type: none"> Participate daily in physical activity designed to enhance and maintain health components of fitness Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness Explore and plan food choices to support personal health and well-being Describe the impacts of personal choices on health and well-being Analyze health messages and possible intentions to influence behaviour Identify, apply, and reflect on strategies used to pursue personal healthy-living goals 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills movement concepts and strategies ways to monitor and adjust physical exertion levels how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games training principles to enhance personal fitness levels, including the FITT principle and the SAID principle influences on food choices practices that reduce the risk of contracting sexually transmitted infections and life-threatening communicable diseases sources of health information basic principles for responding to emergencies strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings consequences of bullying, stereotyping, and discrimination strategies for managing personal and social risks related to psychoactive substances and potentially addictive behaviours physical, emotional, and social changes that occur during puberty and adolescence influences on individual identity, including sexual identity, gender, values, and beliefs

Learning Standards (continued)

Curricular Competencies	Content
<p>Social and community health</p> <ul style="list-style-type: none"> • Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations • Describe and assess strategies for responding to discrimination, stereotyping, and bullying • Describe and apply strategies for developing and maintaining healthy relationships • Explore strategies for promoting the health and well-being of the school and community <p>Mental well-being</p> <ul style="list-style-type: none"> • Describe and assess strategies for promoting mental well-being, for self and others • Describe and assess strategies for managing problems related to mental well-being and substance use, for others • Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence • Explore and describe how personal identities adapt and change in different settings and situations 	

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Learning Standards (continued)

Curricular Competencies	Content
<p>Social and community health</p> <ul style="list-style-type: none"> • Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations • Describe and assess strategies for responding to discrimination, stereotyping, and bullying • Describe and apply strategies for developing and maintaining healthy relationships • Explore strategies for promoting the health and well-being of the school and community <p>Mental well-being</p> <ul style="list-style-type: none"> • Describe and assess strategies for promoting mental well-being, for self and others • Describe and assess strategies for managing problems related to mental well-being and substance use, for others • Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence • Explore the impact of transition and change on identities 	

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Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.

Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

Healthy choices influence our physical, emotional, and mental well-being.

Healthy relationships can help us lead rewarding and fulfilling lives.

Advocating for the health and well-being of others connects us to our community.

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Learning Standards (continued)

Curricular Competencies	Content
<p>Social and community health</p> <ul style="list-style-type: none"> • Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations • Propose strategies for responding to discrimination, stereotyping, and bullying • Propose strategies for developing and maintaining healthy relationships • Create strategies for promoting the health and well-being of the school and community <p>Mental well-being</p> <ul style="list-style-type: none"> • Describe and assess strategies for promoting mental well-being, for self and others • Describe and assess strategies for managing problems related to mental well-being and substance use, for others • Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence • Explore and describe the impact of transition and change on identities 	<ul style="list-style-type: none"> • consequences of bullying, stereotyping, and discrimination • media and social influences related to psychoactive substance use and potentially addictive behaviours • signs and symptoms of stress, anxiety, and depression • influences of physical, emotional, and social changes on identities and relationships

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Learning Standards (continued)

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