

BIG IDEAS

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.

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 Propose healthy choices that support lifelong health and well-being Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour Identify and apply strategies to pursue personal healthy-living goals Reflect on outcomes of personal healthy-living goals and assess strategies used 	<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, SAID principle, and specificity effects of different types of physical activity on the body healthy sexual decision making potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines 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 physical, emotional, and social aspects of 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

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 • Analyze 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"> • Analyze strategies for promoting mental well-being, for self and others • Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others • Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence • Explore and describe factors that shape personal identities, including social and cultural factors 	