Physical and Health Education K-10 – Big Ideas

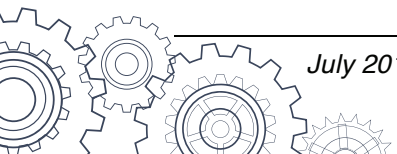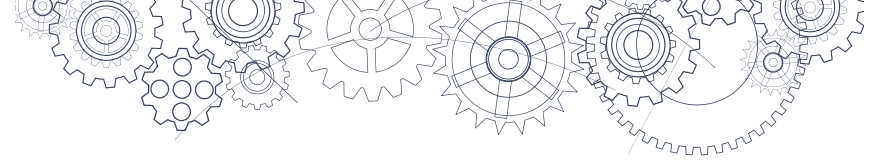| Grade					
K-1	• Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living.		• Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.	• Good health comprises physical, mental, and emotional well-being.	• Knowing about our bodies and making healthy choices helps us look after ourselves.
2	• Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. (Grades 2-4)	• Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.	• Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. (Grades 2-3)	• Our physical, emotional, and mental health are interconnected. (Grades 2-3)	• Adopting healthy personal practices and safety strategies protects ourselves and others. (Grades 2-3)
3	• Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. (Grades 2-4)	• Movement skills and strategies help us learn how to participate in different types of physical activity.	• Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. (Grades 2-3)		
4	• Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. (Grades 2-4)	• Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle. (Grades 4-5)	• Developing healthy relationships helps us feel connected, supported, and valued. (Grades 4-5)	• Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. (Grades 4-5)	• Personal choices and social and emotional factors influence our health and well-being.

Physical and Health Education K-10 – Big Ideas – *continued*

Grade					
5	• Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. (Grades 5-6)	• Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle. (Grades 4-5)	• Developing healthy relationships helps us feel connected, supported, and valued. (Grades 4-5)	• Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. (Grades 4-5)	• Personal choices and social and environmental factors influence our health and well-being.
6	• Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. (Grades 5-6)	• Physical literacy and fitness contribute to our success in and enjoyment of physical activity. (Grades 6-7)	• We experience many changes in our lives that influence how we see ourselves and others. (Grades 6-7)	• Learning about similarities and differences in individuals and groups influences community health. (Grades 6-7)	• Healthy choices influence our physical, emotional, and mental well-being. (Grades 6-9)
7	• Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. (Grades 7-9)	• Physical literacy and fitness contribute to our success in and enjoyment of physical activity. (Grades 6-7)	• We experience many changes in our lives that influence how we see ourselves and others. (Grades 6-7)	• Learning about similarities and differences in individuals and groups influences community health. (Grades 6-7)	• Healthy choices influence our physical, emotional, and mental well-being. (Grades 6-9)
8-9	• Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. (Grades 7-9)	• Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.	• Healthy relationships can help us lead rewarding and fulfilling lives.	• Advocating for the health and well-being of others connects us to our community.	• Healthy choices influence our physical, emotional, and mental well-being. (Grades 6-9)

Physical and Health Education K-10 – Big Ideas – *continued*

Grade					
10	• Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.	• Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.		• Personal fitness can be maintained and improved through regular participation in physical activities.	• Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.