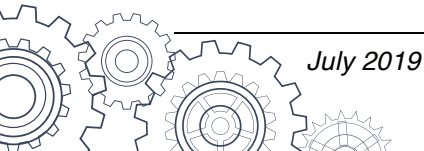
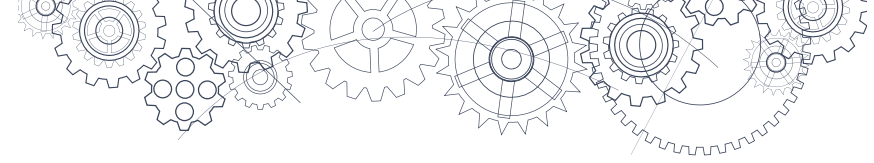




Physical and Health Education K-10 – Curricular Competencies

Grade	Physical literacy	Healthy and active living	Social and community health	Mental well-being
K	<ul style="list-style-type: none"> Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments (K-2) Describe the body’s reaction to participating in physical activity in a variety of environments (K-1) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) 	<ul style="list-style-type: none"> Participate daily in physical activity at moderate to vigorous intensity levels (K-4) Identify opportunities to be physically active at school, at home, and in the community (K-1) Identify and explore a variety of foods and describe how they contribute to health (K-1) Identify opportunities to make choices that contribute to health and well-being (K-1) Identify sources of health information 	<ul style="list-style-type: none"> Identify and describe a variety of unsafe and/or uncomfortable situations Develop and demonstrate respectful behaviour when participating in activities with others (K-2) Identify caring behaviours among classmates and within families (K-1) 	<ul style="list-style-type: none"> Identify and describe practices that promote mental well-being (K-1) Identify and describe feelings and worries (K-1) Identify personal skills, interests, and preferences (K-1)
1	<ul style="list-style-type: none"> Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments (K-2) Describe the body’s reaction to participating in physical activity in a variety of environments (K-1) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) 	<ul style="list-style-type: none"> Participate daily in physical activity at moderate to vigorous intensity levels (K-4) Identify opportunities to be physically active at school, at home, and in the community (K-1) Identify and explore a variety of foods and describe how they contribute to health (K-1) Identify opportunities to make choices that contribute to health and well-being (K-1) Recognize basic health information from a variety of sources 	<ul style="list-style-type: none"> Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations Develop and demonstrate respectful behaviour when participating in activities with others (K-2) Identify caring behaviours among classmates and within families (K-1) 	<ul style="list-style-type: none"> Identify and describe practices that promote mental well-being (K-1) Identify and describe feelings and worries (K-1) Identify personal skills, interests, and preferences (K-1)
2	<ul style="list-style-type: none"> Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments (K-2) Apply methods of monitoring exertion levels in physical activity (Grades 2-4) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and explain factors that contribute to positive experiences in different physical activities (Grades 2-3) 	<ul style="list-style-type: none"> Participate daily in physical activity at moderate to vigorous intensity levels (K-4) Identify and describe opportunities to be physically active at school, at home, and in the community Explore strategies for making healthy eating choices Describe ways to access information on and support services for a variety of health topics (Grades 2-3) Explore and describe components of healthy living 	<ul style="list-style-type: none"> Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations (Grades 2-4) Develop and demonstrate respectful behaviour when participating in activities with others (K-2) Identify and describe characteristics of positive relationships Explain how participation in outdoor activities supports connections with the community and environment (Grades 2-3) 	<ul style="list-style-type: none"> Identify and apply strategies that promote mental well-being (Grades 2-3) Identify and describe feelings and worries, and strategies for dealing with them Identify personal skills, interests, and preferences and describe how they influence self-identity

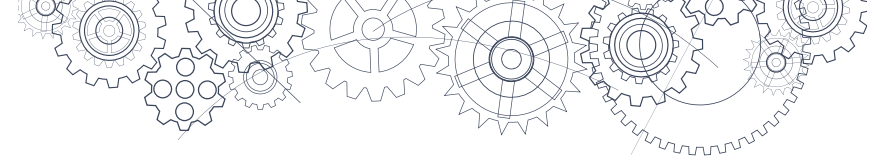




Physical and Health Education K-10 – Curricular Competencies – *continued*

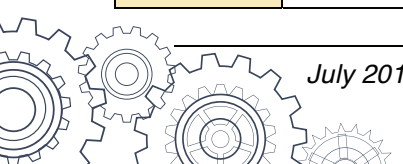
Grade	Physical literacy	Healthy and active living	Social and community health	Mental well-being
3	<ul style="list-style-type: none"> Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (Grades 3-5) Apply a variety of movement concepts and strategies in different physical activities (Grades 3-4) Apply methods of monitoring exertion levels in physical activity (Grades 2-4) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and explain factors that contribute to positive experiences in different physical activities (Grades 2-3) 	<ul style="list-style-type: none"> Participate daily in physical activity at moderate to vigorous intensity levels (K-4) Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community Explore and describe strategies for making healthy eating choices in a variety of settings Describe ways to access information on and support services for a variety of health topics (Grades 2-3) Explore and describe strategies for pursuing personal healthy-living goals 	<ul style="list-style-type: none"> Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations (Grades 2-4) Describe and apply strategies for developing and maintaining positive relationships (Grades 3-4) Explain how participation in outdoor activities supports connections with the community and environment (Grades 2-3) 	<ul style="list-style-type: none"> Identify and apply strategies that promote mental well-being (Grades 2-3) Describe physical, emotional, and social changes as students grow older Describe factors that influence mental well-being and self-identity
4	<ul style="list-style-type: none"> Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (Grades 3-5) Apply a variety of movement concepts and strategies in different physical activities (Grades 3-4) Apply methods of monitoring exertion levels in physical activity (Grades 2-4) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and describe preferred types of physical activity (Grades 4-9) 	<ul style="list-style-type: none"> Participate daily in physical activity at moderate to vigorous intensity levels (K-4) Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community (Grades 4-5) Explain the relationship of healthy eating to overall health and well-being Identify and describe factors that influence healthy choices Examine and explain how health messages can influence behaviours and decisions Identify and apply strategies for pursuing personal healthy-living goals 	<ul style="list-style-type: none"> Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations (Grades 2-4) Describe and assess strategies for responding to discrimination, stereotyping, and bullying (Grades 4-7) Describe and apply strategies for developing and maintaining positive relationships (Grades 3-4) Describe and apply strategies that promote a safe and caring environment (Grades 4-5) 	<ul style="list-style-type: none"> Describe and assess strategies for promoting mental well-being Describe and assess strategies for managing problems related to mental well-being and substance use Explore and describe strategies for managing physical, emotional, and social changes during puberty (Grades 4-5) Describe factors that positively influence mental well-being and self-identity

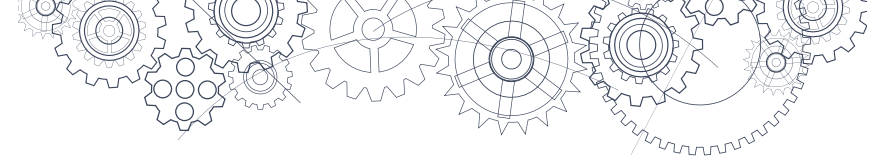




Physical and Health Education K-10 – Curricular Competencies – *continued*

Grade	Physical literacy	Healthy and active living	Social and community health	Mental well-being
5	<ul style="list-style-type: none"> Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (Grades 3-5) Develop and apply a variety of movement concepts and strategies in different physical activities (Grades 5-9) Apply methods of monitoring and adjusting exertion levels in physical activity (Grades 5-10) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and describe preferred types of physical activity (Grades 4-9) 	<ul style="list-style-type: none"> Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10) Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community (Grades 4-5) Analyze and describe the connections between eating, physical activity, and mental well-being Describe the impacts of personal choices on health and well-being (Grades 5-6) Describe strategies for communicating medical concerns and getting help with health issues Identify, apply, and reflect on strategies used to pursue personal healthy-living goals (Grades 5-6) 	<ul style="list-style-type: none"> Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (Grades 5-7) Describe and assess strategies for responding to discrimination, stereotyping, and bullying (Grades 4-7) Describe and apply strategies for developing and maintaining healthy relationships (Grades 5-7) Describe and apply strategies that promote a safe and caring environment (Grades 4-5) 	<ul style="list-style-type: none"> Describe and assess strategies for promoting mental well-being, for self and others (Grades 5-8) Describe and assess strategies for managing problems related to mental well-being and substance use, for others (Grades 5-8) Explore and describe strategies for managing physical, emotional, and social changes during puberty (Grades 4-5) Explore and describe how personal identities adapt and change in different settings and situations
6	<ul style="list-style-type: none"> Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (Grades 6-9) Develop and apply a variety of movement concepts and strategies in different physical activities (Grades 5-9) Apply methods of monitoring and adjusting exertion levels in physical activity (Grades 5-10) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and describe preferred types of physical activity (Grades 4-9) 	<ul style="list-style-type: none"> Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10) Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (Grades 6-9) Explore and plan food choices to support personal health and well-being Describe the impacts of personal choices on health and well-being (Grades 5-6) Analyze health messages and possible intentions to influence behaviour Identify, apply, and reflect on strategies used to pursue personal healthy-living goals (Grades 5-6) 	<ul style="list-style-type: none"> Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (Grades 5-7) Describe and assess strategies for responding to discrimination, stereotyping, and bullying (Grades 4-7) Describe and apply strategies for developing and maintaining healthy relationships (Grades 5-7) Explore strategies for promoting the health and well-being of the school and community (Grades 6-7) 	<ul style="list-style-type: none"> Describe and assess strategies for promoting mental well-being, for self and others (Grades 5-8) Describe and assess strategies for managing problems related to mental well-being and substance use, for others (Grades 5-8) 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

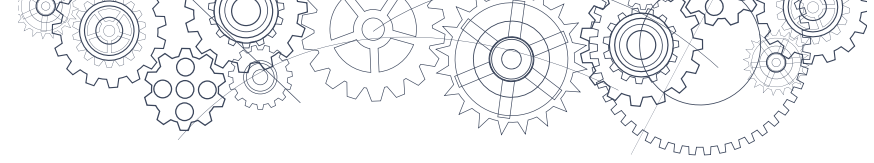




Physical and Health Education K-10 – Curricular Competencies – *continued*

Grade	Physical literacy	Healthy and active living	Social and community health	Mental well-being
7	<ul style="list-style-type: none"> Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (Grades 6-9) Develop and apply a variety of movement concepts and strategies in different physical activities (Grades 5-9) Apply methods of monitoring and adjusting exertion levels in physical activity (Grades 5-10) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and describe preferred types of physical activity (Grades 4-9) 	<ul style="list-style-type: none"> Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10) Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (Grades 6-9) Investigate and analyze influences on eating habits Identify factors that influence healthy choices and explain their potential health effects Assess and communicate health information for various health issues Identify and apply strategies to pursue personal healthy-living goals (Grades 7-10) Reflect on outcomes of personal healthy-living goals and assess strategies used (Grades 7-9) 	<ul style="list-style-type: none"> Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (Grades 5-7) Describe and assess strategies for responding to discrimination, stereotyping, and bullying (Grades 4-7) Describe and apply strategies for developing and maintaining healthy relationships (Grades 5-7) Explore strategies for promoting the health and well-being of the school and community (Grades 6-7) 	<ul style="list-style-type: none"> Describe and assess strategies for promoting mental well-being, for self and others (Grades 5-8) Describe and assess strategies for managing problems related to mental well-being and substance use, for others (Grades 5-8) Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence (Grades 7-8) Explore the impact of transition and change on identities
8	<ul style="list-style-type: none"> Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (Grades 6-9) Develop and apply a variety of movement concepts and strategies in different physical activities (Grades 5-9) Apply methods of monitoring and adjusting exertion levels in physical activity (Grades 5-10) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and describe preferred types of physical activity (Grades 4-9) 	<ul style="list-style-type: none"> Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10) Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (Grades 6-9) Develop strategies for promoting healthy eating choices in different settings Assess factors that influence healthy choices and their potential health effects 	<ul style="list-style-type: none"> Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (Grades 8-9) Propose strategies for responding to discrimination, stereotyping, and bullying (Grades 8-9) Propose strategies for developing and maintaining healthy relationships (Grades 8-9) Create strategies for promoting the health and well-being of the school and community (Grades 8-9) 	<ul style="list-style-type: none"> Describe and assess strategies for promoting mental well-being, for self and others (Grades 5-8) Describe and assess strategies for managing problems related to mental well-being and substance use, for others (Grades 5-8) Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence (Grades 7-8) Explore and describe the impact of transition and change on identities

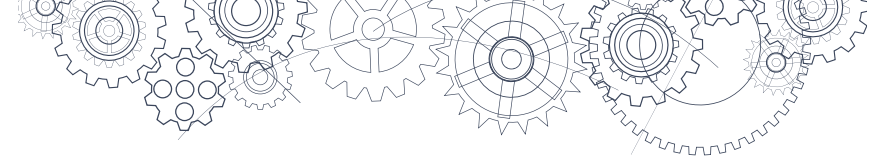




Physical and Health Education K-10 – Curricular Competencies – *continued*

Grade	Physical literacy	Healthy and active living	Social and community health	Mental well-being
8		<ul style="list-style-type: none"> Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour (Grades 8-9) Identify and apply strategies to pursue personal healthy-living goals (Grades 7-10) Reflect on outcomes of personal healthy-living goals and assess strategies used (Grades 7-9) 		
9	<ul style="list-style-type: none"> Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (Grades 6-9) Develop and apply a variety of movement concepts and strategies in different physical activities (Grades 5-9) Apply methods of monitoring and adjusting exertion levels in physical activity (Grades 5-10) Develop and demonstrate safety, fair play, and leadership in physical activities (K-9) Identify and describe preferred types of physical activity (Grades 4-9) 	<ul style="list-style-type: none"> Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10) Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (Grades 6-9) 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 (Grades 8-9) Identify and apply strategies to pursue personal healthy-living goals (Grades 7-10) Reflect on outcomes of personal healthy-living goals and assess strategies used (Grades 7-9) 	<ul style="list-style-type: none"> Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (Grades 8-9) Analyze strategies for responding to discrimination, stereotyping, and bullying (Grades 9-10) Propose strategies for developing and maintaining healthy relationships (Grades 8-9) Create strategies for promoting the health and well-being of the school and community (Grades 8-9) 	<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 (Grades 9-10) Explore and describe factors that shape personal identities, including social and cultural factors (Grades 9-10)





Physical and Health Education K-10 – Curricular Competencies – *continued*

Grade	Physical literacy	Healthy and active living	Social and community health	Mental well-being
10	<ul style="list-style-type: none"> • Refine and apply movement skills in a variety of physical activities and environments • Apply and refine movement concepts and strategies in different physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity (Grades 5-10) • Demonstrate safety, fair play, and leadership in physical activities • Identify and participate in preferred types of physical activity • Identify and explain motivational factors influencing participation in physical activities 	<ul style="list-style-type: none"> • Participate in physical activities designed to enhance and maintain health components of fitness (Grades 5-10) • Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in physical activities • Plan ways to overcome potential barriers to participation in physical activities • Analyze and explain how health messages might influence health and well-being • Identify and apply strategies to pursue personal healthy-living goals (Grades 7-10) • Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies • Analyze how health-related decisions support the achievement of personal healthy-living goals 	<ul style="list-style-type: none"> • Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations • Analyze strategies for responding to discrimination, stereotyping, and bullying (Grades 9-10) • Develop skills for maintaining healthy relationships and responding to interpersonal conflict • Analyze the potential effects of social influences on health 	<ul style="list-style-type: none"> • Evaluate and explain strategies for promoting mental well-being • Explore factors contributing to substance use • Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence (Grades 9-10) • Explore and describe factors that shape personal identities, including social and cultural factors (Grades 9-10) • Describe the relationships between physical activities, mental well-being, and overall health

