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<p><input type="checkbox"/> <b>K.3.8.A.1 Determine safety rules, routines, and procedures related to selected physical activities, including net/wall and target-type activities</b> (e.g., not entering a racquet sport court when play is in progress, retrieving shot-put/discus only on signal in a group situation...)</p>	<p><input type="checkbox"/> <b>K.3.8.A.2 Identify the risks of contraindicated exercises</b> (e.g., deep knee bends, straight leg sit-ups, full neck rotations...) <b>and alternatives for safe exercises</b></p>	<p><input type="checkbox"/> <b>K.3.7.A.3 ➔ K.3.8.A.3 Justify reasons</b> (e.g., ease of movement; personal hygiene; prevention of injury, sunburn, frostbite, hyperthermia, hypothermia...) <b>for appropriate dress for selected physical activities</b></p>	<p><input type="checkbox"/> <b>K.3.7.A.4 ➔ K.3.8.A.4 Investigate factors related to facilities and equipment</b> (e.g., eye protection for court sports, ramps for wheelchair access, condition of field and/or court surfaces...) <b>to ensure the safe inclusion of all students in selected activities</b></p>
<p><b>K A</b></p>	<p><b>K A</b></p>	<p><b>K A</b></p>	<p><b>K A</b></p>

<p><b>8</b></p>  <p>Safety</p>	<p><b>8</b></p>  <p>Safety</p>	<p><b>8</b></p>  <p>Safety</p>	<p><b>8</b></p>  <p>Safety</p>
<p><input type="checkbox"/> <b>K.3.8.A.5a Investigate potential safety risks inherent in selected alternative pursuits</b> (e.g., climbing walls, in-line skating, downhill skiing, activities on ice...)</p>	<p><input type="checkbox"/> <b>K.3.8.A.5b Determine safe areas and opportunities for cycling and/or other similar activities in the community</b> (e.g., in-line skating, skateboarding, walking...)</p>	<p><input type="checkbox"/> <b>K.3.8.B.1 Evaluate the effectiveness of laws and policies that promote personal and community safety</b> (e.g., driving age, drinking/driving, boating, domestic violence, vandalism, shaken baby syndrome...)</p>	<p><input type="checkbox"/> <b>K.3.8.B.3 Identify common injuries/conditions</b> (i.e., sprains, strains, fractures, bleeding, cramps, shock) <b>and basic first-aid procedures</b> (i.e., seek adult help, rest, apply ice, compression, elevation, avoid touching/handling body fluids)</p>
<p><b>K</b></p>	<p><b>A</b></p>	<p><b>K</b></p>	<p><b>B</b></p>

<p><b>8</b></p>  <p>Safety</p>	<p><b>8</b></p>  <p>Safety</p>	<p><b>8</b></p>  <p>Safety</p>	<p><b>8</b></p>  <p>Safety</p>
<p><input type="checkbox"/> <b>K.3.8.B.4 Demonstrate the ability to access valid health information and health-promoting products and services available in the community</b> (e.g., doctors, public health nurses, health agencies and associations related to cancer, heart disease, kidney disease, sexuality education, alcoholism; youth advocates, helplines, school/community counselling programs, friendship centres, ombudsperson, the Internet...)</p>	<p><input type="checkbox"/> <b>S.3.4.A.1 → S.3.8.A.1 Follow set rules and routines for safe participation and use of equipment in selected physical activities</b> (e.g., fair-play rules, change-room routines, equipment distribution, sharing space...)</p>		
<p><b>K</b></p>	<p><b>B</b></p>	<p><b>S</b></p>	<p><b>A</b></p>