

















<h1>S1</h1>  <p>Safety</p>	<h1>S1</h1>  <p>Safety</p>	<h1>S1</h1>  <p>Safety</p>	<h1>S1</h1>  <p>Safety</p>
<p><input type="checkbox"/> K.3.S1.A.1 Review safety rules, routines, and procedures prior to participating in physical activity (e.g., allow space for full backswing and follow-through in golf...).</p>	<p><input type="checkbox"/> K.3.S1.A.2 Identify the common injuries (e.g., back injuries, knee injuries...) that may occur in personal fitness programming and how they can be prevented (e.g., using proper stretching techniques...).</p>	<p><input type="checkbox"/> K.3.S1.A.3 Explain the reasons (e.g., maintaining proper body temperature in rain, heat, cold, humidity...) for appropriate dress for selected indoor and outdoor activities (e.g., light and comfortable clothing for squash, layers and headwear for cross-country skiing...).</p>	<p><input type="checkbox"/> K.3.S1.A.4 Identify safety and risk factors for selected activities (e.g., cross-country skiing...) related to people (e.g., right of way, adaptations for persons with a disability...), facilities (e.g., snow conditions...), and equipment (e.g., appropriate clothing...).</p>
<h1>K</h1>	<h1>A</h1>	<h1>K</h1>	<h1>A</h1>

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<p><input type="checkbox"/> K.3.S1.A.5a Investigate potential safety risks inherent in selected alternative pursuits (e.g., climbing walls, in-line skating, downhill skiing, activities on ice...).</p>	<p><input type="checkbox"/> K.3.S1.A.5b Relate the importance of making wise choices to prevent injury in selected land-based activities (e.g., cycling, jogging...) and/or water-based activities (e.g., aquatics, diving, canoeing...).</p>	<p><input type="checkbox"/> K.3.S1.B.1 Evaluate the effectiveness of laws and policies that promote personal and community safety (e.g., driving age, drinking/driving, boating, domestic violence, vandalism, shaken baby syndrome...).</p>	<p><input type="checkbox"/> K.3.S1.B.3 Demonstrate an understanding of basic first aid (e.g., emergency scene management: check airway, breathing, circulation...) and precautions for handling body fluids (e.g., wear latex gloves, face shield/mask; handle sharp objects with extra care...).</p>
<h1>K</h1>	<h1>A</h1>	<h1>K</h1>	<h1>B</h1>

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<p><input type="checkbox"/> K.3.S1.B.4 Demonstrate the ability to access valid health information and health-promoting products and services available in the community (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"/> K.3.S1.B.5a Analyze issues related to violence prevention in a variety of contexts (i.e., home, school, community, media, sport, relationships).</p>	<p><input type="checkbox"/> K.3.S1.B.5b Demonstrate an understanding of the skills (i.e., problem solving, anger management, communication, conflict resolution, assertiveness) in dealing with case scenarios related to physically, verbally, and emotionally abusive situations.</p>	<p><input type="checkbox"/> K.3.S1.B.6a Differentiate among the terms associated with abusive situations (i.e., physical abuse, verbal abuse, emotional abuse, sexual abuse, harassment, sexual exploitation).</p>
<h1>K</h1>	<h1>B</h1>	<h1>K</h1>	<h1>B</h1>

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<p><input type="checkbox"/> K.3.S1.B.6b Identify skills (e.g., assertiveness, problem solving...) and community resources for addressing problems associated with sexually abusive behaviours.</p>	<p><input type="checkbox"/> S.3.S1.A.1 Apply rules and procedures for safe and responsible participation and use of equipment in selected physical activities and environments (e.g., self-regulation, teamwork, promotion of fair play and inclusion...).</p>	<p><input type="checkbox"/> S.3.S1.A.2 Demonstrate the skills required to administer basic first aid (e.g., emergency scene management, seeking help, treating minor injuries, applying precautions for handling body fluids...).</p>	<p><input type="checkbox"/></p>
<p>K</p>	<p>B</p>	<p>S</p>	<p>A</p>