

This *Physical Education/Health Education (PE/HE) Planning Tool* has been developed to further support teachers in the delivery of the *Kindergarten to Grade 12 PE/HE Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*.

The Planning Tool is intended to facilitate planning, assessment and reporting of student learning by:

1. Aligning all the current Kindergarten to Grade 10 PE/HE Student Learning Outcomes (SLOs) with each of the reporting categories of the Provincial Report Card in PE/HE (i.e. Movement, Fitness Management, Healthy Lifestyles as well as Learning Behaviours);
2. Clustering the PE/HE SLOs according to the principal curricular themes for each pair of grade levels (Kindergarten stands alone) identified in this planning tool as *Broad Areas of Learning*;
3. Identifying *Achievement Objectives*, another term adopted for this planning tool that summarize the knowledge, skills and attitudes students are expected to demonstrate in meeting the outcomes in each sub-cluster of SLOs;
4. Clustering of PE/HE SLOs that align with the Provincial Report Card's *Learning Behaviours* for developing social responsibility;
5. Providing a template for identifying learning resources according to the *Broad Areas of Learning* identified in the *Healthy Lifestyles* section of this planning tool.

Please note that the SLO clusters, the *Broad Areas of Learning* and the *Achievement Objectives* identified in this planning tool are suggestions for the purposes of this tool only and are not intended to distinguish between SLOs as to their relative importance. All SLOs from the *Framework of Outcomes* remain compulsory.

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PE/HE Category: Movement
 The student acquires movement concepts and skills for safe and functional use in a variety of physical activities and environments.

Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
Movement Development 1-2.Mvt.1 Use of basic transport, balance and manipulation skills in a variety of movement experiences and settings.	Recognizes and names the basic movement skills used in different physical activities by self and others.	K11A1. Recognize the basic movement skills used in different physical activities.	K12A1. Observe and name the basic movement patterns performed by other students.
		K11B1. Discuss movement skill development as requiring good practice and patience in learning.	K12B1. Show an understanding that personal attitudes affect skill development and success.
	Shows an understanding of the different ways to maintain balance in stopping and landing activities and physical activities in general.	K11B2. Show an understanding that balance is affected by the amount of force and body position in stopping and landing activities.	K12B2. Recognize different ways to maintain static and dynamic balance in physical activities.
	Demonstrates basic transport, manipulation and balance skills in a variety of movement experiences.	S11A1. Demonstrate the basic transport skills in a variety of movement experiences.	S12A1. Demonstrate competency in basic transport skills, moving in different directions.
		S11A2. Demonstrate the basic manipulation skills in a variety of simple movement experiences.	S12A2. Demonstrate the basic manipulation skills in a variety of activities to challenge different levels of ability.
		S11A3. Explore static and dynamic balance, using different movement concepts.	S12A3. Demonstrate balancing in different ways at different levels and heights.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
	Explores and demonstrates basic movement skills and concepts of body and space awareness, and relationships, in a variety of physical activities.	S11B1. Explore basic movement skills and concepts in simple individual/dual activities.	S12B1. Use basic movement skills and concepts in creating cooperative and low-competitive games with partners or in small groups.
		S11B2. Explore basic movement skills and concepts in simple group activities.	S12B2. Use basic movement skills and concepts in cooperative and low-competitive group games.
		S11C1. Demonstrate functional use of basic movement skills and equipment in outdoor activities and special events.	S12C1. Demonstrate functional use of basic movement skills and equipment in outdoor activities and special events.
		S11D1. Demonstrate transport skills, applying movement concepts while responding to a variety of stimuli.	S12D1. Demonstrate basic rhythmic steps and patterns, applying movement concepts alone and with others in simple and creative rhythmic activities.
		S11D2. Explore the gymnastic movement patterns in activities using large and small apparatus.	S12D2. Demonstrate functional use of basic movement skills, applying movement concepts to gymnastic-type activities.
Movement Understanding 1-2.Mvt.2 Recognition and understanding of basic terms, movement concepts, rules and strategies associated with movement exploration and games.	Recognizes the terms associated with shapes, pathways, directions and planes in movement experiences.	K11B3a. Recognize the terms associated with moving in various directions and at different levels.	K12B3a. Recognize the terms associated with pathways, directions and planes.
		K11B3b. Recognize terms describing different body shapes.	K12B3b. Recognize and use body shapes in expressive movement.
	Recognizes the different qualities of effort in movement and ways to move in relation to others and objects.	K11B3c. Recognize time, force, and flow as qualities of effort in movement.	K12B3c. Recognize the different qualities of effort in own movement.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
		K11B3d. Recognize terms for moving in relation to others.	K12B3d. Recognize the different ways to move in relation to a partner and objects or equipment.
	Demonstrates understanding of fundamental rules and strategies used in simple games and activities designed by self and others.	K11C3. Identify the factors affecting the level of difficulty of target games/activities.	K12C3. Recognize and discuss simple strategies used in chasing/fleeing games/activities
		K11C1. Demonstrate knowledge of fundamental rules used in simple games and activities designed by self and others.	K12C1. Demonstrate knowledge of fundamental rules related to different aspects of simple games and activities designed by self and others.
Physical Activity Risk Management 1-2.Mvt.3 Demonstration of safe and positive behaviours in physical activities and class routines.	Recognizes and practises safe and controlled movement and behaviour while participating in physical activity.		K32A5a. Identify the basic safety rules for selected physical activity settings.
		K11C4. Discuss the meaning of sharing, honesty, respect, and other social behaviours related to physical activity participation.	K12C4. Identify activity situations that require sharing, respect, honesty, and other positive social behaviours.
			S12B3. Set up and manage own games.
		K31A1. Recognize safe and controlled movement while participating in physical activity.	K32A1. Recognize the importance of practising safe behaviours alone and with others.
	Identifies the reasons for appropriate clothing and footwear for participation in physical activity on different surfaces and in different weather conditions.	K31A2. Identify how weather conditions may affect safe exercising.	

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
		K31A3. Recognize the importance of proper, secure footwear in physical activity on different surfaces.	K32A3. Identify the reasons for appropriate clothing and footwear for participation in physical activity.
	Demonstrates an understanding of the general and specific rules and routines for safe, active participation and use of equipment/facilities in selected activities.	K31A4. Show an understanding of the general rules for safe use of equipment and facilities for selected activities.	K32A4. Show an understanding of general and specific safety guidelines and behaviours that are appropriate for own age and ability.
		S31A1. Follow simple rules and routines for safe, active participation and use of equipment in selected activities.	S32A1. Follow simple rules and routines for safe, active participation and use of equipment in selected activities.
	Identifies practices to prevent injuries related to indoor and outdoor play at school.	K31B3. Identify practices to prevent injuries related to indoor and outdoor play.	
		K31A5a. Identify common playground and physical activity hazards at school.	
	Identifies safety rules, signals, and practices to follow when riding a bicycle.		K32A5b. Identify safety rules, signals, and practices to follow when riding a bicycle.

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PE/HE Category: Fitness Management

The student acquires fitness concepts and skills that contribute to personal fitness development through a variety of physical activities and fitness development experiences.

Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
Fitness Development Concepts 1-2.FM.1 Recognition of the physical changes in the body during physical activities.	Shows an understanding of the location of the main internal body parts and how they change during vigorous physical activity.	K21B1. Recognize that vigorous physical activity is important for health and fitness development.	
		K21C1a. Show an understanding of the location of main internal body parts affected by exercise.	K22C1a. Show an understanding of the location of main internal body parts affected by exercise.
		K21C1b. Recognize the physical changes in the body during physical activity.	K22C1b. Recognize the physical changes in the body during physical activity.
	Recognizes proper warm-up activities and safe range of motion of joints in preparing for vigorous movement activities.		K32A2. Recognize safe range of motion of joints in common exercises.
			K22C3. Recognize that proper warm-up activities prepare muscles for vigorous activities.
Active Participation 1-2.FM.2 Participation in physical activities that contribute to fitness development and enjoyment.	Participates in cooperative and low competitive-type physical activities that contribute to skill/fitness development and enjoyment.	S21A1a. Participate in a wide variety of physical activities using basic movement skills that contribute to skill/fitness development and enjoyment.	S22A1a. Participate in cooperative and low competitive-type physical activities that contribute to skill/fitness development and enjoyment.
			K52B1. Identify the health benefits of participating in regular physical activity.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
		K51B2. Identify physical activities that are enjoyable and fun through a variety of strategies.	K52B2. Identify opportunities to be active daily, alone or with family and others.
	Sustains participation in moderate to vigorous activity.	S21A1b. Sustain participation in moderate to vigorous activity to experience physical changes in the body.	S22A1b. Sustain participation in moderate to vigorous activity, using basic movement skills.
Fitness Assessment 1-2.FM.3 Use of simple methods of assessing exercise intensity.	Determines own degree of exertion through simple methods while participating in physical activities.		S22A2. Determine own degree of exertion through simple methods while participating in physical activities.
		K51B3. Discuss how automation has an impact on daily physical activity.	K52B3. Identify how automation and information technology have an impact on participation in physical activity.
			S52A2. Record, with assistance, daily physical activities that are enjoyable for families to do
First Aid 1-2.FM.4 Identification of practices to assist an injured person.	Identifies practices to assist an injured person.		K32B3. Identify practices to assist an injured person.

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PE/HE Category: Healthy Lifestyles
 The student acquires concepts and applicable personal and interpersonal skills in developing well-being, healthy lifestyle practices, and healthy relationships.

Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
Decision Making for Health and Well-Being 1-2.HE.1 Initial use of decision making and problem solving skills for health and well-being.	Sets simple short-term goals related to healthy living and participate in strategies for goal attainment.	K41A2a. Recognize that it takes time, effort, and cooperation to achieve simple individual and group tasks/goals.	K42A2a. Identify examples of simple, realistic goals for healthy living that are short term and long term.
		S41A1. Set simple short-term goals and participate in strategies for goal attainment.	S42A1. Set simple short-term goals and participate in strategies for goal attainment.
	Explores ways for making informed and health-enhancing decisions and possible options/consequences for specific behaviours or habits.	S41A2. Demonstrates ways to expand knowledge and explore different options for making informed and health-enhancing decisions.	S42A2. List possible options and consequences for specific behaviours and/or health habits for the promotion of physically active and healthy lifestyles.
		K41A3. Identify initial steps for making simple personal and/or guided decisions regarding home and classroom situations.	K42A3. Discuss the concept of consequences of behaviours as part of the decision-making/problem-solving process for health and well-being.
			S52A1. Use a decision-making/problem-solving process, with guidance, to determine consequences of good and poor daily health habits.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
Safety of Self and Others 1-2.HE.2 Recognition of ways to be safe and to seek help online, at home, at school and in the community.	Identifies potentially dangerous situations and rules to be followed related to the home, school, community, environment and the Internet.	K31B1. Identify potential safety risks in community related to toys, clothing, road and vehicles, bus ridership, unsupervised situations, fire/burns and holidays, and ways to avoid injury.	K32B1. Identify safety rules to be followed related to the home, school, and community.
		K31B2. Identify unsafe situations related to the environment and safety rules for one's own protection.	K32B2. Identify ways to avoid potentially dangerous situations related to water and unsupervised situations for self and others.
	Recognizes community helpers and how to seek help.	K31B4. Recognize community helpers and how to seek help.	K32B4. Recognize community helpers and how to seek help.
	Identifies ways to exercise caution, avoidance, and/or refusal in potentially dangerous situations.	K41B4. Identify ways to exercise caution, avoidance, and/or refusal in potentially dangerous situations.	
		K31B5a. Identify types of physical and verbal violence.	
		K31B5b. Discuss ways to be safe away from home.	
		K31B6a. Identify unsafe situations and safety rules for child protection.	
	Mental-Emotional Development 1-2.HE.3 Identification of feelings and emotions associated with anxiety and exploration of ways to relax the mind and body.	Identifies and sorts feelings, emotions and causes of anxiety or stress.	
			K42C3. Identify feelings and emotions associated with anxiety.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
	Explores ways and activities to reduce personal stress and relax the mind and body.		K42C4a. Discuss ways and activities to reduce personal stress.
			S42A5. Explore ways to relax the mind and body.
Personal Health Practices 1-2.HE.4 Understanding of daily practices to maintain personal health.	Identifies the daily habits and responsibilities for leading a physically active and healthy life, and preventing the spread of disease.	K51A1. Identify daily habits for leading a physically active and healthy life.	K52A1. Identify the daily habits and responsibilities for leading a physically active and healthy life.
			K52A2. Identify common communicable diseases/illness/conditions in the classroom and home, and ways to prevent the spread of disease/illness/ conditions.
	Identifies and assesses personal daily dental hygiene practices.	K51A3. Identify daily dental hygiene practices for care of primary and permanent teeth.	K52A3. Assess personal dental care habits and identify ways to promote dental health for self and others.
Nutrition 1-2.HE.5 Understanding of Canada's Food Guide and the function of food groups for growth and development.	Recognizes and differentiates between food groups in Canada's Food Guide.	K51C1a. Recognize the food guide rainbow and a variety of foods in Canada's Food Guide.	K52C1a. Differentiate between "everyday" and "sometime" foods in Canada's Food Guide.
			S52A3a. Sorting/classify a variety of foods into the food groups according to Canada's Food Guide.
	Recognizes and identifies the need and function of a variety of food groups for growth and development.	K51C1b. Recognize that you need food to grow and feel good.	K52C1b. Identify the function of a variety of food groups for growth and development.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
			K52C2. Identify the need for daily food and fluid to support physical activity
	Demonstrates and understanding of healthy breakfast and snack choices.		S52A3b. Choose foods for healthy breakfasts/ snacks based on Canada's Food Guide.
Substance Use and Abuse Prevention 1-2.HE.6 Demonstration of avoidance and refusal skills for use in scenarios involving unknown or dangerous substances.	Identifies safe and unsafe substances found in the home, school, and community.	K51D1. Identify safe and unsafe substances found in the home, school, and community that can help or harm the body.	
	Demonstrates ways of preventing harm in case scenarios involving unknown substances.	S51A4. Demonstrate ways of exercising caution, avoidance, and/or refusal in case scenarios involving unknown substances.	
Human Sexuality 1-2.HE.7 Use of appropriate language in discussing responsibilities related to human growth and development.	Identifies basic changes and individual differences in growth and development from birth to childhood.		K52E1a. Identify basic changes in growth and development from birth to childhood.
			K52E1b. Describe how living things produce their offspring and care for their young.
			K52E1c. Determine the differences and similarities between self and others.
	Uses appropriate language regarding body parts and functions.		S52A5. Use appropriate language regarding private and sensitive issues.
	Describes how human beings express their emotions and provide support for people they care for.		K52E2a. Describe how human beings express their emotions for people about whom they care.

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			K52E3a. Identify ways family or caregivers provide support and nurturing for personal growth and development.
	Discusses and appreciates gender diversity.		K52E3c. Discuss the responsibilities associated with gender differences.

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PE/HE Learning Behaviours: Social Responsibility
 The student demonstrates citizenship and social skills that contribute to making the classroom, school, and larger community a positive, safe and caring environment.

Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
		K41A1. Recognize positive attributes of self, family, and classmates.	K42A1. Recognize that everyone is special, unique, and able to succeed.
		K41A2b. Discuss behaviours that demonstrate personal responsibility and irresponsibility in a classroom.	K42A2b. List ways to show personal responsibility at home and school.
		K41B1a. Identify examples of responsible social behaviours for getting along with others in school and schoolyard.	K42B1a. Identify responsible and respectful behaviours for developing positive relationships.
		K41B1b. Discuss how feelings and experiences associated with participation in physical activities/sports, and/or social events can be the same or different from person to person.	K42B1b. Talk about similarities and differences of responses of self and responses of others related to situations involving sports/physical activities and/or social events.
		K41B2a. Identify different ways of expressing feelings and emotions that contribute to getting along with others.	K42B2a. Identify positive communication skills for listening with attention in small-group settings.
		K41B2b. Identify ways to get along with others for developing healthy relationships.	K42B2b. Identify situations in which friends may be helpful and ways to show appreciation.

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Gr. 1-2 Broad Areas of Learning	Gr. 1-2 Achievement Objectives	Gr. 1 SLOs	Gr. 2 SLOs
		K41B3a. Identify what can happen when someone becomes angry and healthy ways to deal with anger.	
		K41B3b. Identify several causes of conflicts that may occur in class or play situations.	
		K41B3c. Identify ways to avoid or reduce potential conflict situations in class and at play.	
			K42C1a. Identify appropriate ways for sharing and expressing feelings and emotions related to different situations.
			K42C1b. Discuss ways to communicate with someone who is feeling different emotions.
		S41A3. Demonstrate behaviours that show social responsibility in daily routines.	S42A3. Demonstrate appropriate behaviours for getting along with others in partner activities.
		S41A4. Demonstrate ways to resolve conflict in a peaceful manner with limited teacher input.	

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