### Grade 1 Physical Education/Health Education:

### Healthy Lifestyles Learning Resources

*Students acquire concepts and applicable personal and interpersonal skills in developing well-being, healthy lifestyle practices, and healthy relationships.*

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| This *Healthy Lifestyles Learning Resources* plannersupports the delivery of the [*Kindergarten to Grade 12 PE/HE Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*](http://www.edu.gov.mb.ca/k12/cur/physhlth/framework/index.html)and can be used to identify recommended resources to support student learning related to Healthy Lifestyles in Grade 1. The planner aligns with the principal curricular themes identified as *Broad Areas of Learning* in the *PE/HE Planning Tool*. Teachers are also invited to consult the [*K-4 PE/HE Foundation for Implementation*](http://www.edu.gov.mb.ca/k12/cur/physhlth/foundation/index.html) document for suggestions related to instruction and assessment for each of the specific learning outcomes (SLOs). | |
| **Broad Areas of Learning** | **Resources** |
| **Decision Making for Health and Well-Being**  *Initial use of decision making and problem solving skills for health and well-being.* |  |
| **Safety of Self and Others**  *Recognition of ways to be safe and seek help online, at home, at school and in the community.* |  |
| **Mental-Emotional Development (no SLOs in Gr. 1)**  *Identification of feelings and emotions associated with anxiety and exploration of ways to relax the mind and body.* |  |
| **Personal Health Practices**  *Understanding of daily practices to maintain personal health.* |  |
| **Nutrition**  *Understanding of Canada's Food Guide and the function of food groups for growth and development.* |  |
| **Substance Use and Abuse Prevention**  *Demonstration of avoidance and refusal skills for use in situations involving unknown or dangerous substances.* |  |
| **Human Sexuality**  *Use of appropriate language in discussing responsibilities related to human growth and development.* |  |

**Physically active and healthy lifestyles for all students**