

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.

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. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
Movement Development 5-6.Mvt.1 Use of selected and activity-specific movement skills in a variety of physical activities and settings.	Detects, analyzes and corrects errors in personal movement patterns.	K15A1. Detect, analyze and correct errors in personal movement patterns.	K16A1. Recognize that there are different applications of the basic movement skills to different physical activities.
		K15B1. Identify personal and controllable factors that may affect movement skill development.	K16B1. Determine personal and uncontrollable factors that may affect movement skill development.
	Performs extensions and variations of movement skills while applying mechanical principles.	K15B2. Identify biomechanical concepts for controlled movement, including balance activities.	K16B2. Identify biomechanical concepts related to applying force in sending and receiving activities.
		S15A1. Perform transport skills for control, applying mechanical principles while travelling alone and with others, with or without obstacles.	S16A1. Perform extensions and variations of transport skills, applying mechanical principles for speed, height, and distance.
		S15A2. Perform manipulation skills for control, applying mechanical principles while travelling alone and with others.	S16A2. Perform manipulation skills, applying mechanical principles for accuracy and distance.
		S15A3. Demonstrate static balance showing different body shapes, applying mechanical principles, using a variety of equipment.	S16A3. Demonstrate dynamic balance, applying mechanical principles for stability.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
	Combines and applies selected movement skills and concepts in a variety of physical activity categories.	S15B1. Combine selected movement skills in a variety of individual and dual-type lead-up activities/games, including innovative activities.	S16B1. Apply functional use of selected movement skills to a variety of individual/dual games/sports, including multicultural games.
		S15B2. Combine selected movement skills in a variety of group/team activities/games, including innovative activities.	S16B2. Apply functional use of selected movement skills to a variety of team games/sports, including multicultural games.
		S15C1. Demonstrate functional use of basic movement skills in outdoor activities on the school grounds and special events.	S16C1. Apply functional use of selected movement skills and variations, using various equipment and in a variety of environments.
		S15D1. Demonstrate functional use of basic rhythmic steps, positions, and patterns in repeatable sequences, showing two or more different styles/traditions.	S16D1. Demonstrate functional use of basic rhythmic steps, positions, and patterns in repeatable sequences, showing two or more different styles/traditions.
		S15D2. Demonstrate functional use of combining two or more selected movement skills and applying movement concepts in gymnastic-type sequences/routines.	S16D2. Demonstrate functional use of combining two or more selected movement skills and applying movement concepts in gymnastic-type sequences/routines.
	Demonstrates an understanding of concepts related to qualities of movement and relationships in designing and performing movement sequences.	K15B3a. Design movement sequences that show contrast in levels, planes, pathways and directions.	K16B3. Design movement sequences that show contrast in qualities of movement and formations performed in a group.
		K15B3c. Recognize the qualities of effort in a movement sequence performed with others.	
		K15B3d. Describe the concept of relationships as it applies to a moving object or person.	

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
Movement Understanding 5-6.Mvt.2 Use of terminology, rules and strategies for participating and officiating in lead-up games.	Identifies simple offensive and defensive strategies employed in various lead-up games.	K15C3. Determine effective game strategies in group activities using a problem-solving approach.	K16C3. Identify simple offensive and defensive strategies employed in lead-up games of different sports.
	Shows an understanding of fair play and teamwork by self and others in different physical activities.	K15C4. Show an understanding of teamwork and fair play while participating in different physical activities.	K16C4. Identify examples of fair play and good teamwork by others in different physical activities.
	Applies the rules and terminology for participation, officiating and planning of lead-up games.	S15B3. Perform simple officiating duties in class physical activities.	S16B3. Demonstrate the ability to work cooperatively/ collaboratively in planning, organizing, and officiating physical activities.
		K15C1. Apply the rules of lead-up games while participating and/or officiating.	K16C1. Adapt the rules of lead-up games based on criteria predetermined through problem-solving activities.
		K15C2. Use the general terminology associated with lead-up games and activities.	K16C2. Use activity-specific terminology associated with selected lead-up games and physical activities.
Physical Activity Risk Management 5-6.Mvt.3 Use of safe practices to manage risk in physical activities.	Demonstrates an understanding of safe practices, rules and routines for participation and use of equipment in selected and specific physical activities and environments.	K35A1. Show an understanding of safe practices when helping others while practising in regular or modified physical activities.	K36A1. Show an understanding of safe practices when helping others while practising in regular or modified physical activities.
			K36A2. Determine how environmental conditions can influence safety while exercising outdoors.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
		K35A3. Identify the reasons for appropriate clothing and footwear for participation in physical activity.	K36A3. Recognize reasons for appropriate dress for physical activities in different weather and environmental conditions.
		K35A4. Develop guidelines and behaviours for safety related to potential hazards and risks regarding equipment and facility use.	K36A4. Develop guidelines and behaviours for safety related to potential hazards and risks regarding equipment and facility use.
		K35A5a. Show an understanding of potential safety risks related to environments for selected alternative pursuits.	K36A5a. Show an understanding of potential safety risks related to environments for selected alternative pursuits.
		K35A5b. Identify water safety rules, hazards, and practices related to aquatic activities.	K36A5b. Outline the emergency steps related to bicycle incidents or accidents.
		K35B2. Describe ways to respond appropriately to potentially dangerous situations related to environmental conditions relevant to self and others.	
		S35A1. Follow set rules and routines for safe participation and use of equipment in selected specific physical activities.	S36A1. Follow set rules and routines for safe participation and use of equipment in selected specific physical activities.

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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. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs	
Fitness Development Concepts 5-6.FM.1 Understanding of health and skill related fitness components for fitness and skill development.	Recognizes the health- and skill-related fitness components and the factors that contribute to fitness and skill development.	K25A1. Identify health-related fitness components and one example of an appropriate exercise/ activity for each component.	K26A1. Recognize the health- and skill-related fitness components that contribute to skill development.	
		K25B1. Identify the fitness benefits of moderate to vigorous fitness-type activities over time.		
			K56B1. Recognize the physical benefits and the socio-emotional benefits of participating in daily physical activities.	
			K25C2. Show an understanding of the factors affecting personal fitness development.	K26C2. Show an understanding of the factors affecting personal fitness development.
			K25C4. Determine the intrinsic and extrinsic factors that motivate participation for fitness development.	K26C4. Review behaviours that encourage effort and participation of others.
		Shows an understanding of the basic terminology and effects of exercise and physical activity associated with the cardiovascular, muscular and skeletal systems.	K15B3b. Show an understanding of the terms that describe the action of the muscles and joints.	

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
		K25C1a. Recognize the terms associated with the function of the cardiovascular system in the context of exercise and physical activity.	K26C1a. Identify the names of the main bones and function of the human skeletal system in the context of exercise and physical activity.
		K25C1b. Describe the effects of aerobic activities and inactivity on the cardiovascular system.	K26C1b. Describe the effects of exercise and inactivity on the human skeletal system.
	Shows an understanding of safe stretching techniques in warm-up (movement preparation) and flexibility development routines.	K35A2. Showing an understanding of safe stretching technique of selected exercises in warm-up and cool-down routines.	
		K25C3. Show an understanding that stretching exercises for the major muscle groups should be held for a minimum length of time to be effective.	K26C3. Identify the proper and harmful techniques in stretching exercises.
Active Participation 5-6.FM.2 Participation in fitness activities that contribute to personal fitness development.	Correctly performs and sustains exercises and activities designed to improve and maintain personal fitness.	S25A1a. Demonstrate correct execution of exercises designed to improve and maintain personal fitness associated with health-related fitness components.	S26A1a. Participate in exercises/activities designed to improve and maintain personal fitness associated with health-related and skill-related fitness components.
		S25A1b. Participate in continuous aerobic activity for a sustained period of time, while maintaining the target heart rate.	S26A1b. Demonstrate proper technique while participating in continuous aerobic activity for a sustained period of time, while maintaining target heart rate.
	Develops a personal action plan for daily active living and ways to adhere to the plan.		K56B2. Identify responsible decisions that promote daily physical activity.
			K56B3. Identify the positive and negative influences of media and other sources on promoting active living.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
			S56A2. Develop a personal action plan for daily active living, including ways to adhere to the plan.
Fitness Assessment 5-6.FM.3 Use of technology and tools to measure and assess personal fitness.	Demonstrates use of techniques for monitoring heart-rate during aerobic activity in relation to heart-rate zones.	S25A2. Demonstrate use of short-cut methods and technology for monitoring heart-rate counts before, during, and after activities, and relate to target heart-rate zones.	S26A2. Compare own heart rate during aerobic activity to the general target heart-rate zones.
	Demonstrates the use of assessment strategies to monitor personal fitness results and physical activity participation.	S25A3a. Determine own performance level for health-related fitness components, using simple tests or tasks.	S26A3a. Demonstrate the use of assessment strategies to determine, organize, and record fitness results and physical activity participation.
		S25A3b. Compare own fitness results and physical activity participation over a period of time to check and revise personal goals.	S26A3b. Compare own fitness results and physical activity participation over a period of time to check and revise personal goals
First Aid 5-6.FM.4 Demonstration of basic first aid procedures for common injuries and conditions.	Demonstrates an understanding of basic first-aid procedures for common injuries and conditions.		K36B3. Show an understanding of basic injuries/conditions and basic first-aid procedures.
			S36A2. Demonstrate basic first-aid procedures for common injuries/conditions.

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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. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
Decision Making for Health and Well-Being 5-6.HE.1 Use of planning, decision making and problem solving skills for health and well-being.	Sets and revises goals and priorities related to personal health and well-being.	K45A2a. Identify ways of setting group goals for cooperative learning and team-building.	K46A2a. Identify and revise short- and long-term goals for personal management.
		K45A2b. Describe the importance of self-regulation and taking responsibility for one's own actions for personal success.	K46A2b. Determine effective time-management techniques and organizational skills for personal planning.
		K45A3. Identify the influence of self and others on setting priorities and making responsible personal decisions.	K46A3. Describe how personal factors and social factors influence making responsible and health-enhancing decisions.
		S45A1. Use a goal-setting process to set and monitor progress for a group goal.	S46A1. Assess and revise personal health and academic goals to enhance health and well-being.
		S45A2. Demonstrate the ability to set priorities for possible solutions that show responsible decision making for physically active and healthy living choices.	S46A2. Determine positive and negative consequences of possible solutions as part of the decision-making/problem-solving process for making healthy living choices.
Safety for Self and Others (A) 5-6.HE.2 Understanding of safety concerns and supports related to activities of daily living.	Investigates and describes safety concerns and ways to seek help at home, at school and in the community.	K35B1. Investigate safety concerns in the community and the media related to roads, traffic, bus transportation, recreational vehicles and unsupervised areas.	K36B1. Describe safe and unsafe situations at home, at school and in the community while caring for self and others.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
		K35B4. Identify available community supports that promote safety and community health.	K36B4. Describe ways to seek help related to different types of accidents and/or dangerous situations.
Safety for Self and Others (B) 5-6.HE.3 Understanding of safety guidelines and procedures for addressing harassment and abusive situations.	Describes safety guidelines and strategies to prevent or deal with bullies and harassment in a variety of situations.	K45B4. Identify and assess strategies for preventing or avoiding uncomfortable or dangerous situations.	
		K35B5a. Describe examples of problems related to physical and verbal abuse with regard to safety of others.	
		K35B5b. Describe safety guidelines and the use of strategies to deal with bullies and harassment in a variety of situations.	
	Identifies strategies to protect self and others in potentially sexually abusive situations and abusive relationships.	K35B6a. Identify safety guidelines to protect self and others in potential sexually abusive situations.	
		K35B6b. Describe indicators of abusive relationships.	
Mental-Emotional Development 5-6.HE.4 Demonstration of stress-management strategies for use in a variety of situations.	Identifies emotions related to loss, appropriate strategies for expressing related feelings and where to go for help.		K46C1a. Determine strategies for sharing and expressing feelings in appropriate ways.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
			K46C1b. Recognize the range of emotions that may be experienced when loss occurs, including the stages of grief and where to go for help.
	Describes the body's response to stress and demonstrates strategies for managing stress in a variety of situations.		K46C2. Identify the personality traits that are conducive to handling stress and showing resiliency.
			K46C3. Describe the General Adaptation Syndrome (GAS) relating to stress and the body's response at the various stages.
			K46C4a. Identify stress management strategies for controlling anger in different situations.
			S46A5. Demonstrate the functional use of stress management strategies for managing stress in case scenarios related to a variety of situations.
Personal Health Practices 5-6.HE.5 Understanding of daily practices to maintain personal health.	Identifies practices and develops action plans for personal hygiene maintenance.		K56A1. Outline the importance of regular hygiene practices during adolescent years.
			K56A2. Identify practices and policies that support healthy schools and communities.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
		K55A3. Examine dental hygiene practices and dental services for the prevention of plaque buildup, bad breath, tooth decay, and dental disease.	
			S56A1. Develop a personal action plan for daily personal health practices during the adolescent years.
Nutrition 5-6.HE.6 Understanding of food choices and needs for maintaining a healthy body.	Demonstrates an understanding of the benefits of daily healthy food choices and regular physical activity.		K56C1a. Identify food choices and types of physical activity for a healthy body.
			K56C1b. Demonstrate an understanding of the combined benefit of daily healthy food choices and physical activity on a healthy body.
	Identifies and assesses personal daily nutrition habits and demonstrates problem-solving strategies related to these.		K56C2. Identify daily nutrition habits and fluid intake practices to support healthy participation in various types of physical activities.
			S56A3a. Assess personal food intake and activity for a period of one to three days, based on daily recommended requirements.
			S56A3b. Use problem-solving strategies to improve personal nutrition and daily physical activity habits for a healthy body.

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
Substance Use and Abuse Prevention 5-6.HE.7 Understanding of strategies for preventing or avoiding substance use and abuse.	Distinguishes between medicinal and non-medicinal substances, their effects on body systems and their appropriate use.	K55D1. Distinguish between medicinal and non-medicinal substances and their appropriate use.	
		K55D2. Describe effects and consequences of substance use on body systems.	
	Demonstrates strategies for preventing or avoiding substance use and abuse.	K55D3. Identify peer, cultural, media, and social influences related to substance use and abuse.	
		S55A4. Apply strategies for preventing or avoiding substance use and abuse in different case scenarios.	
Human Sexuality 5-6.HE.8 Understanding of the physical and socio-emotional changes and personal responsibilities associated with puberty.	Describes the structure and function of the reproductive and endocrine systems of human beings.	K55E1a. Describe the structure and function of the reproductive and endocrine systems of human beings.	
	Identifies the physical, social and emotional changes associated with puberty.	K55E1b. Identify the physical changes associated with puberty and the importance of personal hygiene practices.	
		K55E1c. Describe how heredity influences growth and characteristics that contribute to personal identity.	
		K55E2. Identify the social-emotional changes associated with puberty.	

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
	Demonstrates decision-making strategies related to issues associated with puberty.	K55E3c. Identify the responsibilities associated with physical, social, and emotional changes during puberty.	
		S55A5. Apply a decision-making process in case scenarios related to issues associated with puberty	
	Discusses social and cultural issues related to sexuality, sexual orientation, gender identity and gender expression.	K55E3a. Identify influences on sexuality and gender roles.	
		K55E3b. Identify how social and cultural influences affect sexuality and gender roles.	
	Identifies characteristics and effects of HIV and AIDS on the immune system.	K55E4a. Identify characteristics and effects of HIV and AIDS on the immune system.	

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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. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
		K45A1. Identify how one's self-concept and feelings are affected by others.	K46A1. Describe individual characteristics that contribute to the development of personal identity, self-confidence and self-efficacy.
		K45B1a. Describe behaviours that show respect for the rights and feelings of others.	K46B1a. Identify the influences that help or hinder responsible, social decision-making.
		K45B1b. Recognize the role of activities and events in getting to know and understand others of similar and different cultures.	K46B1b. Recognize personal participation and responsibility in different social contexts.
		K45B2a. Review verbal and non-verbal behaviours that help and hinder communication for building positive relationships.	K46B2a. Identify different styles of communication and their characteristics.
		K45B2b. Identify qualities that are important in establishing and maintaining a friendship.	K46B2b. Identify the behaviours that are important for working cooperatively and collaboratively with others.
		K45B3a. Identify components of anger management and strategies for self-control in different contexts.	

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Gr. 5-6 Broad Areas of Learning	Gr. 5-6 Achievement Objectives	Gr. 5 SLOs	Gr. 6 SLOs
		K45B3b. Identify misunderstandings and miscommunications related to messages in the media that could cause or affect conflict.	
		K45B3c. Show an understanding of the steps in a conflict-resolution process and conflict-resolution strategies to negotiate disputes and de-escalate conflicts.	
		S45A3. Demonstrate functional use of interpersonal skills for getting along with others in making group decisions while participating in class activities.	S46A3. Demonstrate functional use of interpersonal skills for inclusion of others in different types of physical activities.
		S45A4. Demonstrate ways to turn conflict into a win-win situation in different case scenarios.	

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