### Grade 8 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 8. 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 [*Grades 5-8 PE/HE Foundation for Implementation*](http://www.edu.gov.mb.ca/k12/cur/physhlth/foundation/5-8/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***Use of planning, decision-making, problem-solving and self-monitoring to enhance personal health and well‐being.* |  |
| **Safety of Self and Others***Understanding of safety rules and procedures for addressing abusive situations.* |  |
| **Mental-Emotional Development***Demonstration of stress‐management strategies for use in a variety of situations.* |  |
| **Personal Health Practices***Understanding of healthy lifestyle practices and their impact on personal health.* |  |
| **Nutrition***Understanding of daily eating practices and needs in maintaining a healthy body and active lifestyle.* |  |
| **Substance Use and Abuse Prevention (no SLOs in Gr.8)***Understanding of consequences and preventative strategies related to the use and abuse of substances.* |  |
| **Human Sexuality (no SLOs in Gr.8)***Understanding of human reproduction/ sexuality and decision-making for responsible sexual behaviour.* |  |

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