### Kindergarten 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 Kindergarten. 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**  *Sorting decisions and choices related to health and well-being.* |  |
| **Safety of Self and Others**  *Recognition of safety symbols, hazards, risks and practices in everyday living.* |  |
| **Mental-Emotional Development**  *Experiencing of activities for relaxation and self‐regulation.* |  |
| **Personal Health Practices**  *Identification of daily personal health practices.* |  |
| **Nutrition**  *Recognition of the Canada Food Guide food groups and the need for food to grow and feel good.* |  |
| **Substance Use and Abuse Prevention**  *Identification of safe and healthy choices related to the use of substances.* |  |
| **Human Sexuality**  *Identification of major body parts by appropriate names and understanding of people's right to privacy.* |  |

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