



Grade 7 Physical Education/Health Education *Grades 5 to 8 Physical Education/Health Education: A Foundation for Implementation 2002*

Student Learning Outcomes Related to Sustainable Development

1. Movement

A.1.6 Appreciate and respect the natural environment while participating in physical activity.

K.1.7.B.1 Examine external factors (i.e., cost, facility availability, practice opportunities outside schools) **that may affect movement skill development.**

S.1.7.C.1 Apply functional use of selected activity-specific skills (e.g., care and carrying of equipment, compass and map reading, star turn, snowplough...) **in alternate pursuits** (e.g., orienteering, hiking, skiing...).

2. Fitness Management

K.2.7.C.4 Identify personal factors and preferences for choosing physical activities (e.g., personal interests, influences of friends, appreciation of the outdoors, affiliation, competition, cooperation, fun...) **for fitness and health.**

3. Safety

K.3.7.A.3 Justify reasons (e.g., ease of movement; personal hygiene; prevention of injury, sunburn, frostbite, hyperthermia, hypothermia...) **for appropriate dress for selected physical activities.**

K.3.7.A.5a Show an understanding of potential safety risks related to environments for selected alternate pursuits (e.g., jogging, cycling, tobogganing/sliding, snowboarding, skiing, in-line skating...).

K.3.7.A.5b Outline the emergency steps (e.g., seeking help, first aid...) **related to water incidents or accidents** (e.g., hypothermia, drowning...).

K.3.7.B.4 Describe ways to seek help related to different types of accidents and and/or dangerous situations (i.e., situations involving vehicles, bicycles, water, fire, choking, thin ice, shaken baby syndrome, babysitting).

4. Personal and Social Management

K.4.7.A.3 Explain the benefits of using the decision-making/problem-solving process for making responsible and health-enhancing personal decisions (e.g., prevents impulsive and/or negative decisions, contributes to long-term health...).

5. Healthy Lifestyle Practices

S.5.7.A.5 Apply a decision making/problem-solving process in case scenarios for making informed decisions regarding responsible sexual behaviours (e.g., abstinence, pregnancy prevention, safer sex practices...).

K.5.7.D.3 Identify the positives and negative social factors (i.e., influences of peers, families, role models, media, Internet, celebrities, social occasions, parties) **that may influence avoidance and/or use of substances** (e.g., tobacco, alcohol, caffeine, street drugs, inhalants...).

K.5.7.E.3c Identify responsibilities (e.g., respect, abstinence...) **and sources of support** (e.g., parents, nurses, doctors, counsellors, helplines, community health services, religious leaders, recommended books...) **with regard to sexual-related health issues.**