



## Grade 9 Physical Education/Health Education *Senior 1 and Senior 2 Physical Education/Health Education: A Foundation for Implementation 2004*

### Student Learning Outcomes Related to Sustainable Development

#### 1. Movement

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

#### 3. Safety

K.3.9.A.3 **Explain the reasons** (e.g., maintaining proper body temperature in rain, heat, cold, humidity...) **for appropriate dress for selected indoor and outdoor activities** (e.g. light and comfortable clothing for squash, layers and headwear for cross-country skiing...).

K.3.9.A.4 **Identify safety and risk factors for selected activities** (e.g., cross-country skiing...) **related to people** (e.g., right of way, adaptations for persons with a disability...), **facilities** (e.g., snow conditions...), **and equipment** (e.g., appropriate clothing...).

K.3.9.A.5a **Investigate potential safety risks inherent in selected alternative pursuits** e.g., climbing walls, in-line skating, downhill skiing, activities on ice...).

K.3.9.B.1 **Evaluate the effectiveness of laws and policies that promote personal and community safety** (e.g. driving age, drinking/driving, boating, domestic violence, vandalism, shaken baby syndrome...).

K.3.9.B.4 **Demonstrate the ability to access valid health information, and health-promoting products and services available in the community** (e.g., doctors, public health nurses, health agencies and associations related to cancer, heart disease, sexuality education, alcoholism; youth advocates, help lines, school/community counseling programs, friendship centers, ombudsperson, the Internet...).

S.3.9.A.1 **Apply rules and procedures for safe and responsible participation and use of equipment in selected, specific activities and environments** (e.g., self regulation, teamwork, promotion of fair play and inclusion...).

## 4. Personal and Social Management

**S.4.9.A.2 Design, implement, and evaluate an action plan for making a decision based on personal values and beliefs related to physical activity and healthy lifestyle practices** (e.g., active living, good nutrition, no substance use, safety...).

## 5. Healthy Lifestyle Practices

**K.5.9.E.1b Describe the potential consequences and risks associated with sexual behaviour** (e.g., unplanned pregnancy, STIs, HIV, AIDS...) **and different types of contraceptives methods** (e.g., abstinence, use of condoms, foam, the pill, diaphragm, intrauterine device...).

**K.5.9.E.1c Describe responsible behaviours for a healthy pregnancy** (e.g., prenatal care; avoid alcohol and tobacco, and other harmful drugs; consume nutritious foods and fluids; have regular medical check-ups; avoid sexual intercourse with infected partners...).

**K.5.9.E.3b Examine the influences** (e.g., family values, culture and religion, peer pressure, media images and advertising, substance use...) **on making decisions for responsible sexual behaviour.**

**K.5.9.E.3c Review personal responsibilities and sources of support** (e.g., parents, nurses, doctors, counsellors, helplines, community health services, religious leaders, recommended books...) **with regard to sex-related health issues.**

**S.5.9.A.5 Apply a decision-making process in case scenarios related to developing healthy relationships and responsible sexual behaviours.** (e.g., abstinence; no exploitation of others; safer sex to prevent pregnancy and STIs...).