

MANITOBA CONTINUOUS SUBMISSION FOR PHYSICAL EDUCATION/HEALTH EDUCATION  
KINDERGARTEN TO SENIOR 2 (GRADE10)

CURRICULUM CORRELATION FORM

Resource ID #'s
Student Resource _____
Teacher Resource _____

Title: \_\_\_\_\_

Series Title (if applicable): \_\_\_\_\_

Student Resource  Teacher Resource

Subject Area  
(Please ✓ one of the following)  
PE/HE  PE Only  HE Only

Grade Levels

Kindergarten  Grade 1  Grade 2  Grade 3  Grade 4  Grade 5   
Grade 6  Grade 7  Grade 8  Senior 1 (Grade 9)  Senior 2 (Grade 10)

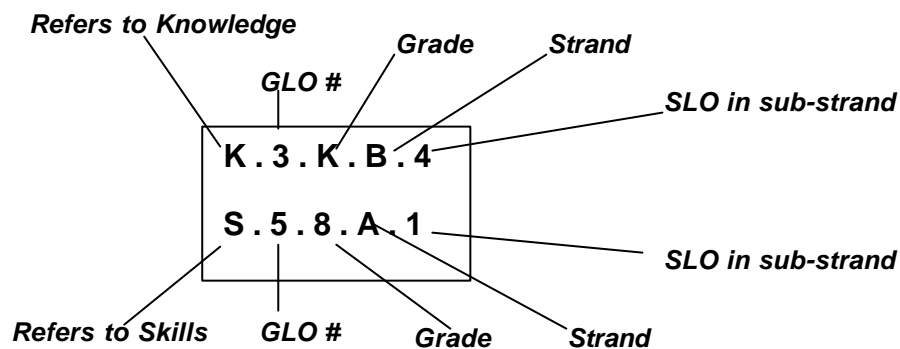
Indicate in the boxes (✓) below the General Learning Outcome(s) (GLOs) to which the resource applies.

GLO 1  GLO 2  GLO 3  GLO 4  GLO 5

Contains potentially sensitive content? Yes  No

A Guide to Reading the General Learning Outcomes in the Curriculum Framework

For further information refer to the Curriculum Framework of Outcomes.



**Instructions:** In the boxes (✓) the degree of curriculum fit and provide specific unit, chapter, or page references for each GLO that applies using the following form.

### **Rating Scale for Degree of Curriculum Fit**

- **Extensive** – The learning resource details content, multiple learning activities, and differentiated teaching strategies that address the required General Learning Outcome(s) and Specified Learning Outcome(s) of the curriculum framework.
- **Moderate** – The learning resource details some content, some learning activities, and some teaching strategies that address the required General Learning Outcome(s) and Specified Learning Outcome(s) of the curriculum framework.
- **Slight** – The learning resource content, learning activities, and teaching strategies address less than the required General Learning Outcome(s) and Specified Learning Outcome(s) of the curriculum framework.
- **None** – The learning resource contains insufficient content, learning activities or teaching strategies to address the required General Learning Outcome(s) and Specified Learning Outcome(s) of the curriculum framework.

Prescribed Learning Outcomes	Degree of Curriculum Fit	Page References
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## General Learning Outcome 1: *Movement Congruency*

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

### Kindergarten to Senior 2 (Grade 10)

	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
<i>Basic Movement</i>											
K.1._A.1 Basic Movement Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
<i>Movement Development</i>											
K.1._B.1 Skill Development Process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.1._B.2 Mechanical Principles of Human Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.1._B.3 Movement Concepts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
<i>Activity-Specific Movement</i>											
K.1._C.1 Rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.1._C.2 Terminology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.1._C.3 Game Strategies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.1._C.4 Teamwork and Fair Play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
<i>Acquisition of Movement Skills</i>											
S.1._A.1 Transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1._A.2 Manipulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1._A.3 Balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### Comments


<b>Prescribed Learning Outcomes</b>	<b>Degree of Curriculum Fit</b>	<b>Page References</b>
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## General Learning Outcome 1: *Movement Congruency (Continued)*

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

### Kindergarten to Senior 2 (Grade 10)

#### Application of Movement Skills to Sport/Games

	<b>Student Resource</b>					<b>Teacher Resource</b>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.1. _B.1 Individual/Dual Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1. _B.2 Group/Team Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1. _B.3 Officiating Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

#### Application of Movement Skills to Alternative Pursuits

	<b>Student Resource</b>					<b>Teacher Resource</b>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.1. _C.1 Alternative Pursuits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

#### Application of Movement Skills to Rhythmic/Gymnastic Activities

	<b>Student Resource</b>					<b>Teacher Resource</b>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.1. _D.1 Rhythmic Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1. _D.2 Gymnastic-Type Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

#### Outcome Rating

	<b>Student Resource</b>					<b>Teacher Resource</b>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

#### Comments


Prescribed Learning Outcomes	Degree of Curriculum Fit	Page References
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## General Learning Outcome 2: *Fitness Management*

The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well being.

### Kindergarten to Senior 2 (Grade 10)

<i>Fitness Components</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.2. _A.1 Fitness Components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Fitness Benefits</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.2. _B.1 Fitness Benefits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Fitness Development</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.2. _C.1 Exercise Physiology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.2. _C.2 Training Principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.2. _C.3 Warm-Up/Cool Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.2. _C.4 Motivational Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Acquisition/Application of Fitness Management Skills to Physical Activity and Healthy Lifestyle Practices</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.2. _A.1 Active Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1. _A.2 Heart-Rate Monitoring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.1. _A.3 Fitness Assessment and Analysis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Outcome Rating</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### Comments


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### General Learning Outcome 3: Safety

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.

#### Kindergarten to Senior 2 (Grade 10)

##### Physical Activity Risk Management

	Student Resource					Teacher Resource					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.3. _A.1 Physical Activity Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _A.2 Exercise Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _A.3 Dress/Footwear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _A.4 Equipment and Facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _A.5 Alternative Pursuits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

##### Safety of Self and Others

	Student Resource					Teacher Resource					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.3. _B.1 Community Safety Awareness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _B.2 Environmental Safety Awareness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _B.3 Prevention and Care of Injuries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _B.4 Community Support and Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.3. _B.5 Violence Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* K.3. _B.6 Personal Safety (See page 9)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

##### Acquisition/Application of Safe Practices to Physical Activity and Healthy Lifestyle Practices

	Student Resource					Teacher Resource					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.3. _A.1 Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.3. _A.2 First Aid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

##### Outcome Rating

	Student Resource					Teacher Resource					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

##### Comments


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## General Learning Outcome 4: *Personal and Social Management*

The student will demonstrate an ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.

### Kindergarten to Senior 2 (Grade 10)

<i>Personal Development</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.4. _A.1 Self-Awareness/Self-Esteem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _A.2 Goal-Setting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _A.3 Decision-Making/Problem-solving Process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Social Development</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.4. _B.1 Social Responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _B.2 Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _B.3 Conflict Resolution Process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _B.4 Avoidance and Refusal Strategies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Mental-Emotional Development</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.4. _C.1 Feelings and Emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _C.2 Elements of Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _C.3 Effects of Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.4. _C.4 Stress Management Strategies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### *Acquisition of Personal and Social Management Skills related to Physical Activity and Healthy Lifestyle Practices*

<i>Lifestyle Practices</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.4. _A.1 Goal-Setting/Planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.4. _A.2 Decision-Making/Problem-solving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.4. _A.3 Interpersonal Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.4. _A.4 Conflict Resolution Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.4. _A.5 Stress-Management Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Outcome Rating</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### Comments


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## General Learning Outcome 5: *Healthy Lifestyle Practices*

The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

### Kindergarten to Senior 2 (Grade 10)

<i>Personal Health Practices</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.5. _A.1 Personal Health Practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.5. _A.2 Illness/Disease Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.5. _A.3 Dental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Active Living</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.5. _B.1 Benefits of Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.5. _B.2 Physical Activity Choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.5. _B.3 Influence of Technology on Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Nutrition</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
K.5. _C.1 Healthy Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
K.5. _C.2 Food and Fluid for Active Bodies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Substance Use and Abuse Prevention</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
* K.5. _D.1 Helpful and Harmful Substances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* K.5. _D.2 Effects of Substance Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* K.5. _D.3 Factors Affecting Substance Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Outcome Rating</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### Comments


\* See page 9

Prescribed Learning Outcomes	Degree of Curriculum Fit	Page References
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## General Learning Outcome 5: *Healthy Lifestyle Practices (Continued)*

The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

### Kindergarten to Senior 2 (Grade 10)

<i>Human Sexuality</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
* K.5. _E.1 Biological Growth and Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* K.5. _E.2 Psychological Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* K.5. _E.3 Sociological Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* K.5. _E.4 Health Issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### *Application of Decision-Making/ Problem-Solving Skills to Physical Activity and Healthy Lifestyle Practices*

	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
S.5. _A.1 Personal Health Practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.5. _A.2 Active Living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S.5. _A.3 Healthy Food Choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* S.5. _A.4 Substance Use and Abuse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
* S.5. _A.5 Human Sexuality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<i>Outcome Rating</i>	<i>Student Resource</i>					<i>Teacher Resource</i>					
	none	slight	moderate	extensive	n/a	none	slight	moderate	extensive	n/a	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### Comments


**\* Potentially Sensitive Topics**

Please ✓ appropriate box(es) if the resource contains any content related to:

- Reproductive System Anatomy (A)
- Pregnancy Prevention (PP)
- Prevention of Sexually Transmitted Infections (STI)
- Sexual Orientation (SO)
- Masturbation (M)
- Prevention of HIV and AIDS (AIDS)
- Sexual Exploitation/Assault (SEA)
- Substance Use and Abuse Prevention: Inhalants, Illegal Drugs (SU)