

K–10 Physical Education/Health Education Planning Tool - Broad Areas of Learning – DRAFT September 2, 2016

Movement					
K	Gr. 1-2	Gr. 3-4	Gr. 5-6	Gr. 7-8	Gr. 9-10
Movement Development					
K.Mvt.1 Exploration of the basic transport, balance and manipulation skills in a variety of movement experiences and play settings.	1-2.Mvt.1 Use of basic transport, balance and manipulation skills in a variety of movement experiences and settings.	3-4.Mvt.1 Functional use of basic transport, balance and manipulation skills in a variety of physical activities and settings.	5-6.Mvt.1 Use of selected and activity-specific movement skills in a variety of physical activities and settings.	7-8.Mvt.1 Functional use of selected and activity-specific movement skills in a variety of physical activities and settings.	9-10.Mvt.1 Application, analysis and refinement of selected and activity-specific movement skills in a variety of physical activities and settings.
Movement Understanding					
K.Mvt.2 Recognition of personal and general space related to movement experiences.	1-2.Mvt.2 Recognition and understanding of basic terms, movement concepts, rules and strategies associated with movement exploration and games.	3-4.Mvt.2 Use of basic movement concepts, rules and teamwork in movement sequencing and games.	5-6.Mvt.2 Use of terminology, rules and strategies for participating and officiating in lead-up games.	7-8.Mvt.2 Use of specific terminology, rules and strategies for participating and officiating in various games and sports.	9-10.Mvt.2 Use of specific terminology, rules and strategies for participating and officiating in select games and sports.
Physical Activity Risk Management					
K.Mvt.3 Recognition of general rules, routines and practices related to safe participation.	1-2.Mvt.3 Demonstration of safe and positive behaviours in physical activities and class routines.	3-4.Mvt.3 Use of safe practices associated with participation and use of equipment in physical activities.	5-6.Mvt.3 Use of safe practices to manage risk in physical activities.	7-8.Mvt.3 Use of safety rules, routines, and procedures for participation and use of equipment in selected physical activities.	9-10.Mvt.3 Use of safety rules and procedures for participation and use of equipment in selected physical activities and environments.

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Fitness Management					
K	Gr. 1-2	Gr. 3-4	Gr. 5-6	Gr. 7-8	Gr. 9-10
Fitness Development Concepts					
	1-2.FM.1 Recognition of the physical changes in the body during physical activities.	3-4.FM.1 Understanding of health-related fitness components.	5-6.FM.1 Understanding of health and skill related fitness components for fitness and skill development.	7-8.FM.1 Understanding of the F.I.T.T. principle for the development of health and skill related fitness components.	9-10.FM.1 Understanding of the basic principles of training for the development of specific fitness components.
Active Participation					
K.FM.1 Participation in physical activities that contribute to fitness development and enjoyment.	1-2.FM.2 Participation in physical activities that contribute to fitness development and enjoyment.	3-4.FM.2 Participation in fitness activities that contribute to personal fitness development.	5-6.FM.2 Participation in fitness activities that contribute to personal fitness development.	7-8.FM.2 Sustained participation in moderate to vigorous activities for personal fitness development.	9-10.FM.2 Regular participation in physical activities that contribute to personal fitness development.
Fitness Assessment					
	1-2.FM.3 Use of simple methods of assessing exercise intensity.	3-4.FM.3 Use of a variety of methods to measure fitness intensity and physical activity levels.	5-6.FM.3 Use of technology and tools to measure and assess personal fitness.	7-8.FM.3 Measurement and assessment of health-related fitness components.	9-10.FM.3 Use of personal fitness assessments to establish and monitor personal fitness goals.
First Aid					
	1-2.FM.4 Identification of practices to assist an injured person.	3-4.FM.4 Demonstration of practices to assist an injured person.	5-6.FM.4 Demonstration of basic first aid procedures for common injuries and conditions.	7-8.FM.4 Demonstration of basic first aid and emergency procedures for common injuries/ conditions and different types of accidents.	9-10.FM.4 Demonstration of skills to administer basic first aid and CPR.

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Healthy Lifestyles					
K	Gr. 1-2	Gr. 3-4	Gr. 5-6	Gr. 7-8	Gr. 9-10
Decision Making for Health and Well-Being					
K.HE.1 Sorting decisions and choices related to health and well-being.	1-2.HE.1 Initial use of decision making and problem solving skills for health and well-being.	3-4.HE.1 Use of planning, decision making and a problem solving process for health and well-being.	5-6.HE.1 Use of planning, decision making and problem solving skills for health and well-being.	7-8.HE.1 Use of planning, decision-making, problem-solving and self-monitoring to enhance personal health and well-being.	9-10.HE.1 Use of an action planning process for making decisions and solving problems to enhance personal health and well-being.
Safety of Self and Others					
K.HE.2 Recognition of safety symbols, hazards, risks and practices in everyday living.	1-2.HE.2 Recognition of ways to be safe and to seek help online, at home, at school and in the community.	3-4.HE.2 Understanding of safety procedures and responsibilities related to activities of daily living.	5-6.HE.2 Understanding of safety concerns and supports related to activities of daily living.		
		3-4.HE.3 Identification of strategies for avoiding dangerous or inappropriate situations for self and others.	5-6.HE.3 Understanding of safety guidelines and procedures for addressing harassment and abusive situations.	7-8.HE.2 Understanding of safety rules and procedures for addressing abusive situations.	9-10.HE.2 Understanding of skills, strategies and community resources for addressing personal safety and abusive situations.
Mental-Emotional Development					
K.HE.3 Experiencing of activities for relaxation and self-regulation.	1-2.HE.3 Identification of feelings and emotions associated with anxiety and exploration of ways to relax the mind and body.	3-4.HE.4 Demonstration of stress-management strategies for use in a variety of contexts.	5-6.HE.4 Demonstration of stress-management strategies for use in a variety of situations.	7-8.HE.3 Demonstration of stress-management strategies for use in a variety of situations.	9-10.HE.3 Demonstration of stress-management strategies for use in a variety of situations.

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Healthy Lifestyles (cont.)					
K	Gr. 1-2	Gr. 3-4	Gr. 5-6	Gr. 7-8	Gr. 9-10
Personal Health Practices					
K.HE.4 Identification of daily personal health practices.	1-2.HE.4 Understanding of daily practices to maintain personal health.	3-4.HE.5 Understanding of daily practices to maintain personal health.	5-6.HE.5 Understanding of daily practices to maintain personal health.	7-8.HE.4 Understanding of healthy lifestyle practices and their impact on personal health.	
Nutrition					
K.HE.5 Recognition of the Canada Food Guide food groups and the need for food to grow and feel good.	1-2.HE.5 Understanding of Canada's Food Guide and the function of food groups for growth and development.	3-4.HE.6 Understanding of food choices and barriers for health and active living.	5-6.HE.6 Understanding of food choices and needs for maintaining a healthy body.	7-8.HE.5 Understanding of daily eating practices and needs in maintaining a healthy body and active lifestyle.	9-10.HE.4 Understanding of the factors and choices that contribute to healthy eating and the maintenance of a healthy body.
Substance Use and Abuse Prevention					
K.HE.6 Identification of safe and healthy choices related to the use of substances.	1-2.HE.6 Demonstration of avoidance and refusal skills for use in scenarios involving unknown or dangerous substances.	3-4.HE.7 Demonstration of avoidance and assertiveness skills for use in potentially dangerous situations involving substances.	5-6.HE.7 Understanding of strategies for preventing or avoiding substance use and abuse.	7-8.HE.6 Understanding of consequences and preventative strategies related to the use and abuse of substances.	9-10.HE.5 Examination of issues and consequences related to the use and abuse of substances.
Human Sexuality					
K.HE.7 Identification of major body parts by appropriate names and understanding of people's right to privacy.	1-2.HE.7 Use of appropriate language in discussing responsibilities related to human growth and development.		5-6.HE.8 Understanding of the physical and socio-emotional changes and personal responsibilities associated with puberty.	7-8.HE.7 Understanding of human reproduction/sexuality and decision-making for responsible sexual behaviour.	9-10.HE.6 Examination of human reproduction/sexuality and decision-making for responsible sexual behaviour.

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