### Grade 10 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 Grade 10. 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 [*Grades 9-10 PE/HE Foundation for Implementation*](http://www.edu.gov.mb.ca/k12/cur/physhlth/foundation_s1-2/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**  *Use of an action planning process for making decisions and solving problems to enhance personal health and well‐being.* |  |
| **Safety of Self and Others**  *Understanding of skills, strategies and community resources for addressing personal safety and abusive situations.* |  |
| **Mental-Emotional Development**  *Demonstration of stress‐management strategies for use in a variety of situations.* |  |
| **Nutrition**  *Understanding of the factors and choices that contribute to healthy eating and the maintenance of a healthy body.* |  |
| **Substance Use and Abuse Prevention**  *Examination of issues and consequences related to the use and abuse of substances.* |  |
| **Human Sexuality**  *Examination of human reproduction/sexuality and decision-making for responsible sexual behaviour.* |  |

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