### Grade 5 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 5. 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 5-8 PE/HE Foundation for Implementation*](http://www.edu.gov.mb.ca/k12/cur/physhlth/foundation/5-8/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 planning, decision making and a problem solving skills for health and well-being.* |  |
| **Safety of Self and Others***Understanding of safety concerns and supports related to activities of daily living. Understanding of safety guidelines and procedures for addressing harassment and abusive situations.* |  |
| **Mental-Emotional Development (no SLOs in Gr.5)***Demonstration of stress‐management strategies for use in a variety of situations.* |  |
| **Personal Health Practices***Understanding of daily practices to maintain personal health.* |  |
| **Nutrition (no SLOs in Gr.5)***Understanding of food choices and needs for maintaining a healthy body.* |  |
| **Substance Use and Abuse Prevention***Understanding of strategies for preventing or avoiding substance use and abuse.* |  |
| **Human Sexuality***Understanding of the physical and socio-emotional changes and personal responsibilities associated with puberty.* |  |

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