

## Grade 7 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.*

This *Healthy Lifestyles Learning Resources* planner supports the delivery of the [Kindergarten to Grade 12 PE/HE Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles](#) and can be used to identify recommended resources to support student learning related to Healthy Lifestyles in Grade 7. 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](#) document for suggestions related to instruction and assessment for each of the specific learning outcomes (SLOs).

Broad Areas of Learning	Resources
<p><b>Decision Making for Health and Well-Being</b> <i>Use of planning, decision-making, problem-solving and self-monitoring to enhance personal health and well-being.</i></p>	
<p><b>Safety of Self and Others</b> <i>Understanding of safety rules and procedures for addressing abusive situations.</i></p>	
<p><b>Mental-Emotional Development (no SLOs in Gr. 7)</b> <i>Demonstration of stress-management strategies for use in a variety of situations.</i></p>	
<p><b>Personal Health Practices (no SLOs in Gr. 7)</b> <i>Understanding of healthy lifestyle practices and their impact on personal health.</i></p>	
<p><b>Nutrition (no SLOs in Gr. 7)</b> <i>Understanding of daily eating practices and needs in maintaining a healthy body and active lifestyle.</i></p>	
<p><b>Substance Use and Abuse Prevention</b> <i>Understanding of consequences and preventative strategies related to the use and abuse of substances.</i></p>	
<p><b>Human Sexuality</b> <i>Understanding of human reproduction/ sexuality and decision-making for responsible sexual behaviour.</i></p>	

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