



Kindergarten to Senior 4 – Physical Education/Health Education



General Learning Outcomes*

Attitude Indicators*

1

Movement



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.

2

Fitness Management



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

3

Safety



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

4

Personal and Social Management



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.

5

Healthy Lifestyle Practices



The student will demonstrate the 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.

Specific Learning Outcomes

- 1.1 Show a willingness to participate in a variety of physical activities.
 - 1.2 Express enjoyment in a variety of movement experiences.
 - 1.3 Appreciate that time, commitment, and practice are required for skill development.
 - 1.4 Appreciate the aesthetic and athletic values of movement.
 - 1.5 Appreciate and respect diversity while participating in physical activity.
 - 1.6 Appreciate and respect the natural environment while participating in physical activity.
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- 2.1 Show an interest in and responsibility for personal fitness.
 - 2.2 Appreciate the role and contribution of regular participation in physical activity for health and fitness.
 - 2.3 Show respect and acceptance for physical and performance limitations of self and others.
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- 3.1 Show respect for safety of self and others.
 - 3.2 Show responsibility in following rules and regulations in dealing with safety of self and others.
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- 4.1 Show a positive attitude toward learning, growth, and personal health.
 - 4.2 Be sensitive to the needs and abilities of others.
 - 4.3 Demonstrate personal responsibility in daily work and play.
 - 4.4 Show a willingness to play fairly and work cooperatively/collaboratively with others.
 - 4.5 Show a positive attitude toward change.
 - 4.6 Enjoy participation and learning.
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- 5.1 Appreciate and value the benefits of healthy lifestyle practices for a healthy body.
 - 5.2 Appreciate the importance of making health-enhancing decisions in daily living.
 - 5.3 Appreciate the responsibilities and commitment associated with developing healthy relationships.

* The student learning outcomes and attitude indicators are identified in *Kindergarten to Senior 4 Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles* (Winnipeg, MB: Manitoba Education and Training, 2000).