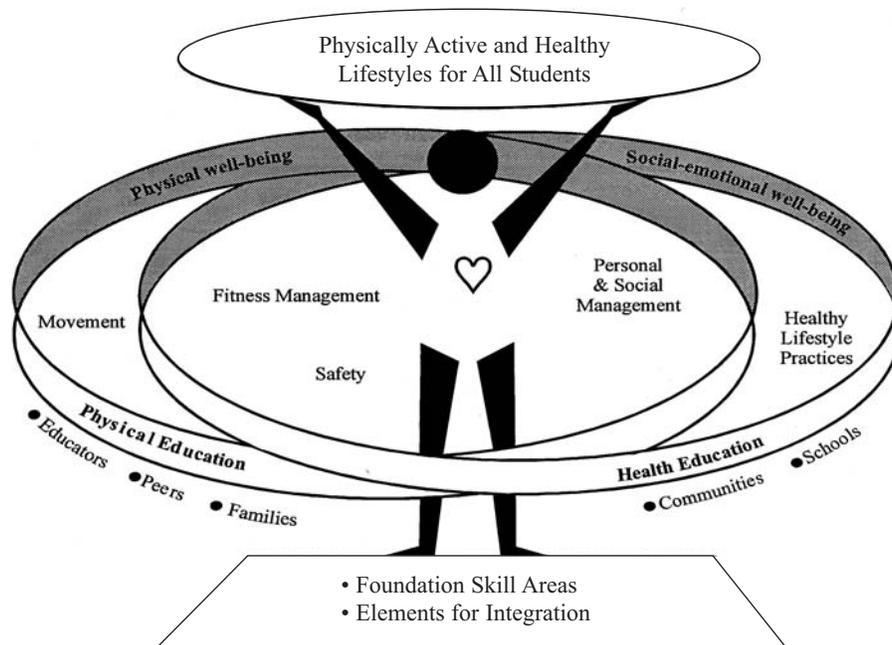


Kindergarten to Grade 12 Physical Education/Health Education:

www.edu.gov.mb.ca/k12/cur/physlth

Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles

Conceptual Framework



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/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.

Implementation Plan:

- ✓ Systemwide Implementation for K–4 (2003); 5–8 (2004); Grade 9–10 (2005); Grade 11–12 (2008)
- ✓ Mandated time for K–10 Physical Education/Health Education effective September 2007
- ✓ K–10 Annotated Bibliography of recommended learning resources is available online
- ✓ Print materials are available from Manitoba Textbook Bureau at <www.mtbb.mb.ca>

(over)

Sub-Strand/Topic Titles

<p>1. Movement</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Basic Movement Skills ✓ Skill Development Process ✓ Mechanical Principles ✓ Movement Concepts ✓ Rules ✓ Terminology ✓ Game Strategies ✓ Teamwork and Fair Play 	<p>Skills</p> <ul style="list-style-type: none"> ✓ Transport ✓ Manipulation ✓ Balance ✓ Individual/Dual Activities ✓ Group/Team Activities ✓ Officiating Skills ✓ Alternative Pursuits ✓ Rhythmic Activities ✓ Gymnastic-type Activities
<p>2. Fitness Management</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Fitness Components ✓ Fitness Benefits ✓ Exercise Physiology ✓ Training Principles ✓ Warm-Up/Cool Down ✓ Motivational Factors 	<p>Skills</p> <ul style="list-style-type: none"> ✓ Active Participation ✓ Heart-Rate Monitoring ✓ Fitness Assessment and Analysis
<p>3. Safety</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Physical Activity Safety ✓ Exercise Safety ✓ Dress/Footwear ✓ Equipment and Facilities ✓ Alternative Pursuits ✓ Community Safety Awareness ✓ Environmental Safety Awareness 	<ul style="list-style-type: none"> ✓ Prevention and Care of Injuries ✓ Community Support and Services ✓ Violence Prevention ✓ Personal Safety <p>Skills</p> <ul style="list-style-type: none"> ✓ Physical Activity ✓ First Aid
<p>4. Personal/Social Management</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Self-Awareness/Self-Esteem ✓ Goal-Setting ✓ Decision-Making/Problem-Solving ✓ Social Responsibility ✓ Relationships ✓ Conflict Resolution Process ✓ Avoidance and Refusal Strategies ✓ Feelings and Emotions ✓ Elements of Stress ✓ Effects of Stress ✓ Stress Management Strategies 	<p>Skills</p> <ul style="list-style-type: none"> ✓ Goal-Setting/Planning ✓ Decision-Making/Problem-Solving ✓ Interpersonal Skills ✓ Conflict Resolution Skills ✓ Stress-Management Skills
<p>5. Healthy Lifestyle Practices</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Personal Health Practices ✓ Illness/Disease Prevention ✓ Dental Health ✓ Benefits of Physical Activity ✓ Physical Activity Choices ✓ Influence of Technology on Physical Activity ✓ Healthy Eating ✓ Food and Fluid for Active Bodies ✓ Helpful and Harmful Substances ✓ Effects of Substance Use 	<ul style="list-style-type: none"> ✓ Factors Affecting Substance Use ✓ Biological Growth and Development ✓ Psychological Factors ✓ Sociological Factors ✓ Health Issues <p>Skills (Decision-Making/Problem-Solving for)</p> <ul style="list-style-type: none"> ✓ Personal Health Practices ✓ Active Living ✓ Healthy Food Choices ✓ Substance Use and Abuse ✓ Human Sexuality