7 Personal/Social Management	7 Personal/Social Management	7 Personal/Social Management	7 Personal/Social Management
❏ **K.4.7.A.1 Compare attitudes and behaviours** (i.e., inclusive/exclusive, positive acceptance/rejection, open/discriminatory) **that contribute to a sense of belonging**	❏ **K.4.7.A.2a Identify the obstacles** (e.g., changing information, abilities, priorities, values, resources, attitudes, illness, injury, responsibilities...) **that may influence achievement of and making revisions to personal goals and strategies** (e.g., decision-making/problem-solving process...)	❏ **K.4.7.A.2b Describe the mental skills** (i.e., goal setting, focusing, stress management, visualization, positive thinking) **necessary to enhance performance, readiness, and satisfaction**	❏ **K.4.7.A.3 Explain the benefits of using the decision-making/problem-solving process for making responsible and health-enhancing personal decisions** (e.g., prevents impulsive and/or negative decisions, contributes to long-term health benefits...)
K **A**	**K** **A**	**K** **A**	**K** **A**

7 Personal/Social Management	**7** Personal/Social Management	**7** Personal/Social Management	**7** Personal/Social Management
❑ **K.4.7.B.1a Identify socially acceptable behaviours** (e.g., keep an open mind, show a willingness to try, recognize own feelings and emotions, step away from the situation if feeling anger...) **for dealing with new situations and/or change** (e.g., participating in new activities, choosing friends...)	❑ **K.4.7.B.1b Describe conduct** (e.g., personal, group, team...) **and ethical behaviours appropriate for engaging in physical activity and/or social events**	❑ **K.4.7.B.2a Identify the characteristics** (e.g., compliance/conflict, confidence level, tone of voice, eye contact, body language...) **associated with each of the communication styles** (e.g., passive, aggressive, assertive...) **and leadership qualities** (e.g., enthusiasm, presentation skills, reliability, organization...)	❑ **K.4.7.B.2b Identify areas within the school** (e.g., staff, school teams, clubs...) **and community** (e.g., community projects...) **that offer opportunities to make new friends and belong to a group** (e.g., staff, school teams, clubs...)
K B	**K B**	**K B**	**K B**

7 Personal/Social Management	7 Personal/Social Management	7 Personal/Social Management	7 Personal/Social Management
❏ **K.4.7.B.3a Identify anger-management skills** (e.g., use self-statements, participate in physical activities, write letters to express feelings...) **as alternatives to aggression and violence**	❏ **K.4.7.B.3b Describe how conflict situations** (i.e., change, new situations, negative group influences, dishonesty) **affect personal behaviour and development** (e.g., adapting to new surroundings or routines, making new friends, coping with change, being assertive...)	❏ **K.4.7.B.3c Review strategies** (e.g., mediation, conflict resolution...)**, possible outcomes** (i.e., win/win, win/lose, lose/win, lose/lose)**, and behaviours** (e.g., compromising, negotiating, accommodating, blaming, avoiding, collaborating, consensus building…) **for conflict resolution among friends and/or peers**	❏ **K.4.7.B.4 Describe appropriate use** (e.g., saying "no" to negative peer pressure, differentiating between situations where assertiveness is/isn't warranted...) **of avoidance/refusal strategies when dealing with potentially dangerous situations and/or stressful social situations**
K **B**	**K** **B**	**K** **B**	**K** **B**

7 Personal/Social Management	7 Personal/Social Management	7 Personal/Social Management	7 Personal/Social Management
❏ **S.4.6.A.1** ➡ **S.4.7.A.1 Assess and revise personal health and academic goals** (e.g., fitness goal, movement skill goal, nutrition goal, active living goal, personal health-practice goal, academic goal...) **to enhance health and well-being**	❏ **S.4.7.A.2 Develop criteria** (e.g., cost, values, expectations, long-term benefits...) **and a rating system for weighing the benefits of the alternatives for making physically active and healthy lifestyle choices in different case scenarios** (e.g., choosing to smoke, gamble, consume alcohol...)	❏ **S.4.7.A.3 Demonstrate functional use of interpersonal skills** (i.e., communicate effectively, cooperate/collaborate, be respectful, be responsible) **for dealing with new activities, situations, and/or changes in class activities**	❏ **S.4.7.A.4 Apply conflict-resolution strategies** (e.g., role-play responses to conflict situations, participate in peer mediation...) **to different scenarios** (e.g., engaging with new classmates, moving to a new classroom, saying "no" to negative peer-group influence...)
S A	S A	S A	S A