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| <h1>S1</h1>    | <h1>S1</h1>   | <h1>S1</h1>   | <h1>S1</h1>   |
| <input type="checkbox"/> <b>K.4.S1.B.4 Identify examples of potentially dangerous situations</b> (e.g., physical abuse, verbal abuse, harmful substances, peer pressure...) <b>and effective strategies for avoidance/refusal</b> | <input type="checkbox"/> <b>K.4.S1.A.1 Examine personal strengths, values, and strategies</b> (e.g., enhancing strengths, working on weaknesses, restructuring negative thoughts, positive thinking, persisting to achieve goals in spite of setbacks...) <b>for achieving individual success and a positive self-image</b> | <input type="checkbox"/> <b>S.4.S1.A.1 Apply a goal-setting process as part of designing a short-term plan for a realistic personal goal related to academic and/or healthy lifestyle practices</b> (e.g., active living, good nutrition, no substance use, safety...) | <input type="checkbox"/> <b>K.4.S1.A.2a Identify potential career choices in health education and physical education</b> (e.g., physical educator, physiotherapist, athletic director, fitness leader, recreation director, health and wellness educator, social worker, nutritionist, medical doctor, nurse, counsellor, occupational therapist...) |
| <h1>K</h1>  | <h1>B</h1>  | <h1>K</h1>   | <h1>A</h1>   |

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| <h1>S1</h1>  <p>Personal/Social Management</p>  | <h1>S1</h1>  <p>Personal/Social Management</p>   | <h1>S1</h1>  <p>Personal/Social Management</p>   | <h1>S1</h1>  <p>Personal/Social Management</p>  |
| <p><input type="checkbox"/> K.4.S1.B.1a <b>Describe ways to treat others</b> (e.g., show respect, consideration, support, encouragement, affection, understanding, forgiveness...) <b>for the development of healthy and meaningful relationships</b> (e.g., between parent/child, siblings, best friends, romantic relationships, marriage, at work, in the community...)</p> | <p><input type="checkbox"/> K.4.S1.B.2a <b>Identify communication skills and strategies that promote team/group dynamics</b> (e.g., listen actively, encourage others, be assertive in acceptable ways, show self-control, stay with the group until completion of the task, develop group consensus...)</p> | <p><input type="checkbox"/> K.4.S1.B.2b <b>Identify appropriate social behaviours</b> (e.g., use inclusive language, treat others with respect...) <b>for developing meaningful interpersonal relationships</b></p> | <p><input type="checkbox"/> S.4.S1.A.4 <b>Apply conflict resolution strategies</b> (i.e., mediation and negotiation) <b>in different case scenarios for understanding different perspectives and points of view</b> (i.e., determine the reason behind a conflict)</p> |
| <h1>K</h1>   | <h1>B</h1>   | <h1>K</h1>  | <h1>S</h1>   |

# B





# K


# B

# K

# B

# A

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| <h1>S1</h1>  <p>Personal/Social Management</p>   | <h1>S1</h1>  <p>Personal/Social Management</p>                               | <h1>S1</h1>  <p>Personal/Social Management</p>   | <h1>S1</h1>  <p>Personal/Social Management</p>   |
| <p><input type="checkbox"/> S.4.S1.A.2 <b>Design, implement, and evaluate an action plan for making a decision based on personal values and beliefs related to physically active and healthy lifestyle practices</b> (e.g., active living, good nutrition, no substance use, safety...)</p> | <p><input type="checkbox"/> K.4.S1.A.2b <b>Determine the skills for employability</b> (i.e., academic skills, personal management skills, teamwork skills)</p> | <p><input type="checkbox"/> K.4.S1.B.1b <b>Reflect on the factors</b> (e.g., interest, multiple intelligences, access...) <b>that influence choice of physical activities or sport pursuits for self and others</b></p> | <p><input type="checkbox"/> S.4.S1.A.3 <b>Apply interpersonal skills</b> (e.g., use thoughtful language, acknowledge ideas and options of others, show respect, make a commitment...) <b>in case scenarios related to developing close, meaningful relationships</b> (e.g., parents/child, between siblings, mother/father, best friends, romantic relationships, teammates...)</p> |
| <h1>S</h1>  | <h1>A K</h1>   | <h1>A K</h1>  | <h1>B S A</h1>  |

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| <h1>S1</h1>  <p>Personal/Social Management</p>  | <h1>S1</h1>  <p>Personal/Social Management</p>  | <h1>S1</h1>  <p>Personal/Social Management</p>  | <h1>S1</h1>  <p>Personal/Social Management</p>   |
| <p><input type="checkbox"/> K.4.S1.B.3b <b>Examine effects of conflicts</b> (e.g., broken trust, hurt feelings, equity issues...) <b>and the importance of seeing both sides of issues in developing meaningful personal and/or team relationships</b> (e.g., seek understanding, accept differences...)</p> | <p><input type="checkbox"/> K.4.S1.A.3 <b>Examine factors</b> (e.g., family, values, health knowledge, peer influence, media, social trends, requirements, costs...) <b>that affect making decisions by self and/or others for active healthy lifestyles and/or career-building</b></p> | <p><input type="checkbox"/> K.4.S1.B.3a <b>Examine how to manage anger</b> (i.e., control own anger and respond to anger of others) <b>in constructive ways</b> (e.g., stay calm, use conflict-resolution process...) <b>in different case scenarios</b></p> | <p><input type="checkbox"/> K.4.S1.B.3c <b>Assess behaviours and conflict resolution strategies</b> (i.e., negotiation, arbitration and adjudication) <b>in context of final outcome</b> (i.e., win/win, win/lose, lose/lose) <b>for settling disputes or disagreements</b></p> |
| <h1>K</h1> <h1>B</h1>  | <h1>K</h1> <h1>A</h1>   | <h1>K</h1> <h1>B</h1>  | <h1>K</h1> <h1>B</h1>   |