




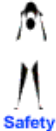



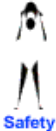




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| <p>5</p>  | <p>5</p>  | <p>5</p>  | <p>5</p>  |
| <p><input type="checkbox"/> K.3.5.A.1 Show an understanding of safe practices (e.g., take turns, position self at a safe distance, be respectful of varying ability levels...) when helping others while practising in regular or modified physical activities</p> | <p><input type="checkbox"/> K.3.5.A.2 Show an understanding of safe stretching technique (e.g., sustained rather than “bounce” stretching, proper body alignment, keeping within the joints’ normal range of motion...) of selected exercises (e.g., calf stretch, modified hurdle stretch, arm circles...) in warm-up and cool-down routines</p> | <p><input type="checkbox"/> K.3.5.A.3 Identify the reasons for appropriate clothing and footwear for participation in physical activity (e.g., change of clothing for safety, support, comfort, and freedom of movement; removal of jewellery for physical activities; personal hygiene...)</p> | <p><input type="checkbox"/> K.3.5.A.4 Develop guidelines and behaviours for safety related to potential hazards and risks regarding equipment and facility use (e.g., protruding objects, condition of the floor, mats in jumping/landing activities...)</p> |
| <p>K A</p> | <p>K A</p> | <p>K A</p> | <p>K A</p> |

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|---|--|---|--|
| <p>5</p>  <p>Safety</p> | <p>5</p>  <p>Safety</p> | <p>5</p>  <p>Safety</p> | <p>5</p>  <p>Safety</p> |
| <p><input type="checkbox"/> K.3.5.A.5a Show an understanding of potential safety risks related to environments for selected alternative pursuits (e.g., jogging, cycling, tobogganing/sliding, snowboarding, skiing, in-line skating...)</p> | <p><input type="checkbox"/> K.3.5.A.5b Identify water safety rules, hazards, and practices (e.g., wearing floatation devices, importance of swimming lessons, recognizing safety symbols, steps in an emergency...) related to aquatic activities (e.g., swimming, boating...)</p> | <p><input type="checkbox"/> K.3.5.B.1 Investigate safety concerns in the community and/or the media related to roads, traffic, bus transportation, recreational vehicles, and unsupervised areas</p> | <p><input type="checkbox"/> K.3.5.B.2 Describe ways to respond appropriately to potentially dangerous situations related to environmental conditions (e.g., floods, fires, extreme weather conditions, icy conditions, lightning...) relevant to self and others</p> |
| <p>K A</p> | <p>K A</p> | <p>K B</p> | <p>K B</p> |

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| <p>5</p>  <p>Safety</p> | <p>5</p>  <p>Safety</p> | <p>5</p>  <p>Safety</p> | <p>5</p>  <p>Safety</p> |
| <p><input type="checkbox"/> K.3.5.B.6b Describe indicators of abusive relationships (e.g., behaviours that are threatening, harassing, secretive, or cause physical and/or mental injury, pain, or discomfort...)</p> | <p><input type="checkbox"/> S.3.5.A.1 Follow set rules and routines for safe participation and use of equipment in selected physical activities (e.g., fair-play rules, change-room routines, equipment distribution, sharing space...)</p> | | |
| <p>K</p> | <p>B S</p> | | <p>A</p> |