

Grade 10 Physical Education/Health Education: Healthy Lifestyles Learning Resources

Students acquire concepts and applicable personal and interpersonal skills in developing well-being, healthy lifestyle practices, and healthy relationships.

This *Healthy Lifestyles Learning Resources* planner supports the delivery of the [Kindergarten to Grade 12 PE/HE Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles](#) and can be used to identify recommended resources to support student learning related to Healthy Lifestyles in Grade 10. The planner aligns with the principal curricular themes identified as *Broad Areas of Learning* in the *PE/HE Planning Tool*. Teachers are also invited to consult the [Grades 9-10 PE/HE Foundation for Implementation](#) document for suggestions related to instruction and assessment for each of the specific learning outcomes (SLOs).

Broad Areas of Learning	Resources
<p>Decision Making for Health and Well-Being <i>Use of an action planning process for making decisions and solving problems to enhance personal health and well-being.</i></p>	
<p>Safety of Self and Others <i>Understanding of skills, strategies and community resources for addressing personal safety and abusive situations.</i></p>	
<p>Mental-Emotional Development <i>Demonstration of stress-management strategies for use in a variety of situations.</i></p>	
<p>Nutrition <i>Understanding of the factors and choices that contribute to healthy eating and the maintenance of a healthy body.</i></p>	
<p>Substance Use and Abuse Prevention <i>Examination of issues and consequences related to the use and abuse of substances.</i></p>	
<p>Human Sexuality <i>Examination of human reproduction/sexuality and decision-making for responsible sexual behaviour.</i></p>	

Physically active and healthy lifestyles for all students