

Grade 1 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 1. 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 [K-4 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>Initial use of decision making and problem solving skills for health and well-being.</i></p>	
<p>Safety of Self and Others <i>Recognition of ways to be safe and seek help online, at home, at school and in the community.</i></p>	
<p>Mental-Emotional Development (no SLOs in Gr. 1) <i>Identification of feelings and emotions associated with anxiety and exploration of ways to relax the mind and body.</i></p>	
<p>Personal Health Practices <i>Understanding of daily practices to maintain personal health.</i></p>	
<p>Nutrition <i>Understanding of Canada's Food Guide and the function of food groups for growth and development.</i></p>	
<p>Substance Use and Abuse Prevention <i>Demonstration of avoidance and refusal skills for use in situations involving unknown or dangerous substances.</i></p>	
<p>Human Sexuality <i>Use of appropriate language in discussing responsibilities related to human growth and development.</i></p>	

Physically active and healthy lifestyles for all students