

Kindergarten 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 Kindergarten. 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>Sorting decisions and choices related to health and well-being.</i></p>	
<p>Safety of Self and Others <i>Recognition of safety symbols, hazards, risks and practices in everyday living.</i></p>	
<p>Mental-Emotional Development <i>Experiencing of activities for relaxation and self-regulation.</i></p>	
<p>Personal Health Practices <i>Identification of daily personal health practices.</i></p>	
<p>Nutrition <i>Recognition of the Canada Food Guide food groups and the need for food to grow and feel good.</i></p>	
<p>Substance Use and Abuse Prevention <i>Identification of safe and healthy choices related to the use of substances.</i></p>	
<p>Human Sexuality <i>Identification of major body parts by appropriate names and understanding of people's right to privacy.</i></p>	

Physically active and healthy lifestyles for all students