



Grade 10 Physical Education/Health Education Senior 1 and Senior 2 Physical Education/Health Education: A Foundation for Implementation 2004

1. Movement

A.1.6 Appreciate and respect the natural environment while participating in physical activity.

3-Safety

K.3.10.B.4 Investigate the contributions self and/or others can make to community/global health and sustainable development (*i.e., maintaining safe and healthy lifestyle practices, volunteering, reducing, reusing, recycling*).

5-Healthy Lifestyle Practices

K.5.10.E.1c Describe the importance of and conditions for a healthy pregnancy (e.g., avoid alcohol and tobacco, poor nutrition ...).

K.5.10.E.2 Analyze the components e.g. communication, decision making, sharing, managing sexual feelings and desires...) **in different case scenarios for building and maintaining healthy relationships** (e.g., friendships, dating, commitment, engagement, marriage, parenthood, cohabitating...).

K.5.10.E.3a Examine sexuality as it is portrayed in media (e.g., fashion magazines, music videos, advertisements, movies, songs ...).

K.5.10.E.3b Examine the influences (e.g., family values, culture and religion, peer pressure, media images and advertising, substance use...) **on making decisions for responsible sexual behaviour.**

K.5.10.E.3c Review personal responsibilities and sources of support (e.g., parents, nurses, doctors, helplines, community health services, religious leaders, recommended books...) **with regard to sex-related health issues.**

K.5.10.E.4b Describe ways to prevent STIs to promote the health of society (e.g., practicing abstinence, using condoms, avoiding intercourse with infected victims, requesting blood tests for partners, maintaining monogamous relationships...).

S.5.10.A.5 Apply a decision-making/problem-solving process in case scenarios related to effective communication for building healthy relationships and demonstrating responsible sexual behaviours.