



## Grade 8 Physical Education/Health Education *Grades 5 to 8 Physical Education/Health Education: A Foundation for Implementation 2002*

### Student Learning Outcomes Related to Sustainable Development

#### 1. Movement

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

S.1.8.C.1 **Apply functional use of selected activity-specific skills** (e.g., care and carrying of equipment, compass and map reading, star turn, snowplough...) **in alternate pursuits** (e.g., orienteering, hiking, skiing...).

#### 2. Fitness Management

K.2.8.C.4 **Identify personal factors and preferences for choosing physical activities** (e.g., personal interests, influences of friends, appreciation of the outdoors, affiliation, competition, cooperation, fun...) **for fitness and health.**

#### 3. Safety

K.3.8.A.3 **Justify reasons** (e.g., ease of movement; personal hygiene; prevention of injury, sunburn, frostbite, hyperthermia, hypothermia...) **for appropriate dress for selected physical activities.**

K.3.8.A.5a **Investigate potential safety risks inherent in selected alternative pursuits** e.g., climbing walls, in-line skating, downhill skiing, activities on ice...).

K.3.8.A.5b **Determine safe areas and opportunities for cycling and/or other similar activities in the community** (e.g., in-line skating, skateboarding, walking...).

K.3.8.B.1 **Evaluate the effectiveness of laws and policies that promote personal and community safety** (e.g. driving age, drinking/driving, boating, domestic violence, vandalism, shaken baby syndrome...).

K.3.8.B.4 **Demonstrate the ability to access valid health information, and health-promoting products and services available in the community** (e.g., doctors, public health nurses, health agencies and associations related to cancer, heart disease, sexuality education, alcoholism; youth advocates, help lines, school/community counselling programs, friendship centers, ombudsperson, the Internet...).

#### 4. Personal and Social Management

**K.4.8.A.1 Examine the effects of stereotyping based on a variety of factors** (e.g., gender, age, race, roles, media influences, body type, sexual orientation, source of income...), **and ways** (e.g., set/review personal and group norms, standards...) **to promote acceptance of self and others.**

#### 5. Healthy Lifestyle Practices

**K.5.8.B.2 Investigate different ways to increase physical activity in daily living as it relates to sustainable development** (e.g., using stairs, cycling/walking to school to help the environment and to contribute to the health of society...).

**K.5.8.B.3 Determine the degree to which technology has had an impact on personal health** (e.g., personal fitness equipment/aids; prolonged exposure to technological devices and machines decreases physical activity; effect of media messages on body image...).

**K.5.8.C.1b Explain influences** (i.e. healthy eating, regular activity, media, healthy body image) **on growth and development during adolescence.**