



Grade 9 Physical Education/Health Education *Senior 1 and Senior 2 Physical Education/Health Education: A Foundation for Implementation 2004*

Student Learning Outcomes Related to Sustainable Development

1. Movement

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

3. Safety

K.3.9.A.3 **Explain the reasons** (e.g., maintaining proper body temperature in rain, heat, cold, humidity...) **for appropriate dress for selected indoor and outdoor activities** (e.g. light and comfortable clothing for squash, layers and headwear for cross-country skiing...).

K.3.9.A.4 **Identify safety and risk factors for selected activities** (e.g., cross-country skiing...) **related to people** (e.g., right of way, adaptations for persons with a disability...), **facilities** (e.g., snow conditions...), **and equipment** (e.g., appropriate clothing...).

K.3.9.A.5a **Investigate potential safety risks inherent in selected alternative pursuits** e.g., climbing walls, in-line skating, downhill skiing, activities on ice...).

K.3.9.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.3.9.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 counseling programs, friendship centers, ombudsperson, the Internet...).

S.3.9.A.1 **Apply rules and procedures for safe and responsible participation and use of equipment in selected, specific activities and environments** (e.g., self regulation, teamwork, promotion of fair play and inclusion...).

4. Personal and Social Management

S.4.9.A.2 Design, implement, and evaluate an action plan for making a decision based on personal values and beliefs related to physical activity and healthy lifestyle practices (e.g., active living, good nutrition, no substance use, safety...).

5. Healthy Lifestyle Practices

K.5.9.E.1b Describe the potential consequences and risks associated with sexual behaviour (e.g., unplanned pregnancy, STIs, HIV, AIDS...) **and different types of contraceptives methods** (e.g., abstinence, use of condoms, foam, the pill, diaphragm, intrauterine device...).

K.5.9.E.1c Describe responsible behaviours for a healthy pregnancy (e.g., prenatal care; avoid alcohol and tobacco, and other harmful drugs; consume nutritious foods and fluids; have regular medical check-ups; avoid sexual intercourse with infected partners...).

K.5.9.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.5.9.E.3c Review personal responsibilities and sources of support (e.g., parents, nurses, doctors, counsellors, helplines, community health services, religious leaders, recommended books...) **with regard to sex-related health issues.**

S.5.9.A.5 Apply a decision-making process in case scenarios related to developing healthy relationships and responsible sexual behaviours. (e.g., abstinence; no exploitation of others; safer sex to prevent pregnancy and STIs...).