

Grade 10 to 12 PLO's Healthy Practices

Prescribed Learning Outcomes in Planning 10 (PL), Graduation Transitions (GT), Family Studies (FS) and Physical Education (PE)

The Healthy Living Performance Standards represent selected PLO's at these grade levels. For a complete list of PLO's go to [Planning 10](#), [Graduation Transitions](#), [Physical Education](#), and [Family Studies](#).

Planning Ten

Healthy Living

C1 analyse factors that influence health (e.g., physical activity, nutrition, stress management)

Health Information

C2 analyse health information for validity and personal relevance

Health Decisions

C5 evaluate the potential effects of an individual's health-related decisions on self, family, and community

C6 analyse practices that promote healthy sexual decision making (e.g., recognizing influences, accessing accurate information, applying informed decision-making skills)

C7 analyse practices associated with the prevention of HIV/AIDS

C8 analyse strategies for preventing substance misuse (e.g., recognizing influences, accessing accurate information, applying informed decision-making skills)

C9 analyse individual and societal practices associated with road-related risk reduction and injury prevention (e.g., obeying speed limits, wearing seatbelts, driver education)

Graduation Transitions

Grades Ten through Twelve

Personal Health

- demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being, by:
 - engaging, from Grade 10 to Grade 12, in at least 150 minutes per week of moderate to vigorous

physical activity

– developing a long-term personal healthy living plan appropriate to their lifestyle that describes

- sound nutritional habits
- regular exercise routines
- emotional health management (e.g., ways to manage stress)
- positive health choices

Community Connections

- demonstrate the skills required to work effectively and safely with others and to succeed as individual and collaborative workers

Family Studies 10 through 12

Issues and Challenges of Adolescence

B23 demonstrate an understanding of how to stay safe in a variety of situations

Lifestyle and Life Changes

C9 analyse the components of a healthy lifestyle for adults

Wellness and Safety in Interpersonal Relationships

Safety

E19 demonstrate an understanding of how to stay safe in a variety of interpersonal relationships

E20 propose and evaluate actions that could be taken when relationships become unsafe

Physical Education

Grade Ten

Active Living

Knowledge

A3 implement a comprehensive physical activity plan incorporating

goal setting processes, components of fitness, considerations of personal abilities and interests, nutritional considerations, principles of training

Participation

A4 participate daily in moderate to vigorous physical activity to enhance fitness

Safety, Fair Play, and Leadership

C1 apply safety procedures in all physical activities across the activity categories

Grade Eleven

Active Living

- design and implement plans for balanced, healthy living, including nutrition, exercise, rest and work
- demonstrate an understanding of the factors that affect the choice of physical activity throughout life, including age, gender, time, culture and environment
- describe strategies for stress management and relaxation
- select appropriate community-based recreational and alternative environment opportunities to develop a personal functional level of physical fitness

Personal and Social Responsibility (Personal Behaviours and Safety Practices)

- apply appropriate rules, routines, procedures, and safety practices in a variety of activities and environments
- demonstrate positive behaviours that show respect for individual abilities, interests, gender, and cultural backgrounds

Personal and Social Responsibility (Leadership and Community Involvement)

- demonstrate an understanding of the processes needed to co-ordinate events and programs in the school and community

Grade Twelve

Active Living

- design, evaluate, and monitor plans for a balanced, healthy lifestyle, taking into consideration factors that affect the choice of physical activity, including age, gender, culture, environment and body image perceptions
- analyse and design plans for stress management and relaxation

- demonstrate a willingness to use community-based recreational and alternative-environment opportunities to develop a personal functional level of physical fitness

Personal and Social Responsibility (Personal Behaviours and Safety Practices)

- consistently demonstrate safety practices in a variety of activities and environments

Personal and Social Responsibility (Leadership and Community Involvement)

- perform service and volunteer work in the school and community

Daily Physical Activity K through Twelve

Grade Ten through Grade Twelve

- demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being