

## **K to 3 Healthy Practices**

### **Prescribed Learning Outcomes in Health and Career Education (HACE) and Physical Education (PE)**

The Healthy Living Performance Standards represent selected PLO's at these grade levels. A complete list of PLO's can be found at [Health and Career Education](#) and [Physical Education](#)

#### **Health and Career Education**

##### **Kindergarten**

###### **Goals and Decisions**

A1 identify opportunities to make choices

A2 identify sources of support and assistance for children at school

###### **Healthy Living**

C1 identify practices that contribute to health, including healthy eating, regular physical activity, emotional health practices, and disease prevention practices

###### **Safety and Injury Prevention**

C8 identify ways to avoid hazards and potentially dangerous situations in the home, at school, on the road, and in the community

###### **Substance Misuse Prevention**

C10 differentiate between safe and unsafe substances in terms of their potential to benefit or harm the body (e.g., prescription medicine can benefit the body if used properly, any unknown substance can be harmful.)

##### **Grade One**

###### **Goals and Decisions**

C2 identify practices that help prevent the spread of communicable diseases and conditions (e.g., washing hands, covering sneezes, not sharing personal items)

###### **Healthy Living**

C2 identify practices that help prevent the spread of communicable diseases and conditions (e.g.,

## **Safety and Injury Prevention**

C10 describe guidelines for safety in the home, at school, on the road, and in the community

## **Substance Misuse Prevention**

C12 demonstrate an understanding of the concept of unsafe substances (e.g., any unknown substance, any substance from an unknown person, any substance used for other than its intended purpose)

## **Grade Two**

### **Goals and Decisions**

A2 identify opportunities to make decisions (e.g., healthy eating choices, recess activities)

### **Healthy Living**

C3 describe practices that help to prevent the spread of communicable diseases (e.g., hand washing, covering mouth when coughing, resting when sick, staying away from others when sick)

### **Safety and Injury Prevention**

C7 describe appropriate ways to avoid or respond to hazardous and high-risk situations in the home, at school, on the road, and in the community

### **Substance Misuse Prevention**

C8 describe the potential harm associated with various unsafe substances (e.g., illness, burns)

C9 demonstrate ways of refusing or avoiding harmful or unknown substances (e.g., say no and move away, refuse to go along with ideas you aren't sure of, tell a trusted adult if a confusing situation arises)

### **Healthy Living**

C2 describe the importance of healthy eating and regular physical activity for a healthy lifestyle (e.g., to obtain the required nutrients needed for growth, to help prevent diseases)

C3 describe practices that help to prevent the spread of communicable diseases (e.g., not touching infectious garbage, resting when sick, washing hands after sneezing or blowing nose)

### **Safety and Injury Prevention**

C7 describe why it is important to recognize and avoid potentially hazardous situations in the home, at school, on the road, and in the community

### **Substance Misuse Prevention**

C8 describe the potential harm associated with various unsafe substances (e.g., unconsciousness, long term health consequences)

C9 demonstrate ways of refusing or avoiding harmful or unknown substances (e.g., following safety rules about not touching harmful or unknown substances, refusing to go along with dares, refusing any substance from an unknown person)

## **Physical Education**

### **Kindergarten**

#### **Safety, Fair Play, and Leadership**

C1 identify safety guidelines for participating in physical activity (e.g., follow instructions, stay within boundaries, use equipment only with supervision)

### **Grade One**

#### **Safety, Fair Play, and Leadership**

C1 describe why safety guidelines for physical activity are important

### **Grade Two**

#### **Safety, Fair Play, and Leadership**

C1 demonstrate safe behaviours when participating in physical activity (e.g., listening to and following directions, staying within activity boundaries, participating in appropriate warm-up activities, making sure the activity space is free of obstacles)

### **Grade Three**

#### **Safety, Fair Play, and Leadership**

C1 demonstrate safe behaviours while participating in a variety of physical activities