

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