

**Learning to Support Safe, Caring and Inclusive Schools**  
**Physical and Health Education Curriculum – Learning Standards**  
**(Kindergarten to Grade 10)**

Grade	Big Ideas	Curricular Competencies	Content
K	<ul style="list-style-type: none"> <li>Learning about ourselves and others helps us develop a positive attitude and caring behaviours which helps us build healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>Identify caring behaviours among classmates and within families</li> <li>Develop and demonstrate respectful behaviour when participating in activities with others</li> </ul>	<ul style="list-style-type: none"> <li>Caring behaviours in groups and families</li> <li>Names for parts of the body, including male and female private parts</li> <li>Reliable sources of health information</li> </ul>
1	<ul style="list-style-type: none"> <li>Learning about ourselves and others helps us develop a positive attitude and caring behaviours which helps us build healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>Identify caring behaviours among classmates and within families</li> <li>Develop and demonstrate respectful behaviour when participating in activities with others</li> </ul>	<ul style="list-style-type: none"> <li>Caring behaviours in groups and families</li> <li>Names for parts of the body, including male and female private parts</li> <li>Reliable sources of health information</li> </ul>
2	<ul style="list-style-type: none"> <li>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>Identify personal skills, interests, and preferences and describe how they influence self-identity</li> <li>Develop and demonstrate respectful behaviour when participating in activities with others</li> </ul>	<ul style="list-style-type: none"> <li>Managing and expressing emotions</li> <li>Factors that influence self-identity</li> <li>Strategies for accessing health information</li> </ul>
3	<ul style="list-style-type: none"> <li>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>Describe physical, emotional, and social changes as students grow older</li> <li>Describe factors that influence mental well-being and self-identity</li> <li>Describe and apply strategies for developing and maintain positive relationships</li> </ul>	<ul style="list-style-type: none"> <li>Factors that influence self-identity</li> <li>Strategies for accessing health information</li> </ul>
4	<ul style="list-style-type: none"> <li>Developing healthy relationships helps us feel connected, supported, and valued</li> </ul>	<ul style="list-style-type: none"> <li>Describe factors that positively influence mental well-being and self-identity</li> <li>Describe and apply strategies for developing and maintain positive relationships</li> <li>Explore and describe strategies for managing physical, emotional, and social changes during puberty</li> <li>Describe and assess strategies for responding to discrimination</li> </ul>	<ul style="list-style-type: none"> <li>Strategies for responding to bullying, discrimination, and violence</li> <li>Physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity</li> <li>Factors that influence self-identity, including body image and social media</li> </ul>
5	<ul style="list-style-type: none"> <li>Developing healthy relationships helps us feel connected, supported, and valued</li> </ul>	<ul style="list-style-type: none"> <li>Describe and assess strategies for responding to discrimination</li> <li>Explore and describe how personal identities adapt and change in different settings and situations</li> </ul>	<ul style="list-style-type: none"> <li>Physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity and changes to relationships</li> </ul>

		<ul style="list-style-type: none"> <li>Describe and apply strategies for developing and maintaining healthy relationships</li> <li>Explore and describe strategies for managing physical, emotional, and social changes during puberty</li> </ul>	<ul style="list-style-type: none"> <li>Sources of health information and support services</li> </ul>
6	<ul style="list-style-type: none"> <li>We experience many changes in our lives that influence how we see ourselves and others</li> <li>Learning about similarities and differences in individuals and groups influences community health</li> </ul>	<ul style="list-style-type: none"> <li>Describe and assess strategies for responding to discrimination</li> <li>Explore and describe how personal identities adapt and change in different settings and situations</li> <li>Describe and apply strategies for developing and maintaining healthy relationships</li> <li>Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence</li> </ul>	<ul style="list-style-type: none"> <li>Influences on individual identity, including sexual identity, gender, values, and beliefs</li> <li>Sources of health information</li> <li>Consequences of bullying, stereotyping, and discrimination</li> </ul>
7	<ul style="list-style-type: none"> <li>We experience many changes in our lives that influence how we see ourselves and others</li> <li>Learning about similarities and differences in individuals and groups influences community health</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Describe and assess strategies for responding to discrimination</li> <li>Describe and apply strategies for developing and maintaining healthy relationships</li> <li>Explore the impact of transition and change on identities</li> <li>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</li> </ul>	<ul style="list-style-type: none"> <li>Influences of physical, emotional, and social changes on identities and relationships</li> <li>Sources of health information</li> <li>Consequences of bullying, stereotyping, and discrimination</li> </ul>
8	<ul style="list-style-type: none"> <li>Healthy relationships can help us lead rewarding and fulfilling lives</li> <li>Advocating for the health and well-being of others connects us to our community</li> </ul>	<ul style="list-style-type: none"> <li>Propose strategies for responding to discrimination, stereotyping, and bullying</li> <li>Explore and describe the impact if transition and change on identities</li> <li>Propose strategies for developing and maintaining healthy relationships</li> <li>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</li> </ul>	<ul style="list-style-type: none"> <li>Influences of physical, emotional, and social changes on identities and relationships</li> <li>Sources of health information</li> <li>Consequences of bullying, stereotyping, and discrimination</li> </ul>
9	<ul style="list-style-type: none"> <li>Healthy relationships can help us lead rewarding and fulfilling lives</li> <li>Advocating for the health and well-being of others connects us to our community</li> </ul>	<ul style="list-style-type: none"> <li>Analyze strategies for responding to discrimination, stereotyping, and bullying</li> <li>Explore and describe factors that shape personal identities, including social and cultural factors</li> <li>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</li> </ul>	<ul style="list-style-type: none"> <li>Influences of physical, emotional, and social changes on identities and relationships</li> <li>Sources of health information</li> <li>Consequences of bullying, stereotyping, and discrimination</li> </ul>

		<ul style="list-style-type: none"> <li>Propose strategies for developing and maintaining healthy relationships</li> </ul>	
10		<ul style="list-style-type: none"> <li>Analyze strategies for responding to discrimination, stereotyping, and bullying</li> <li>Explore and describe factors that shape personal identities, including social and cultural factors</li> <li>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</li> </ul>	<ul style="list-style-type: none"> <li>Influences of physical, emotional, and social changes on identities and relationships</li> <li>Sources of health information</li> <li>Consequences of bullying, stereotyping, and discrimination</li> </ul>