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Personal Growth and Development		
Personal Growth and Development are lifelong processes of physical, behavioral, emotional and cognitive change throughout one's lifetime. Personal Growth and Development pertains to keeping your body healthy and understanding hormonal changes (all body systems) and their impact on sexuality. It encompasses the human condition: who we are, how we grow or evolve, and how interaction with others affects the process of growth physically, mentally, socially, and emotionally from infancy through advanced age.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
- Individuals enjoy different activities and grow at different rates. - Personal hygiene and self-help skills promote healthy habits.	- Health is influenced by the interaction of body systems. - Puberty is a time of physical, social, and emotional changes.	- Individual actions, genetics, and family history can play a role in an individual's personal health. - Responsible actions regarding behavior can impact the development and health of oneself and others.

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Pregnancy and Parenting		
Pregnancy and parenting are stages in life that impact all aspects on one's wellness. Regardless of the circumstance, pregnancy and parenting brings changes to an individual's emotional, financial, physical, mental, and social well-being. These stages can include many happy experiences but can also be the source of great challenges. Like any new skill, parenting takes knowledge, skills, and practice to be successful. However, other factors such as medical and financial challenges can make this stage in life more difficult. Preparation is the key to a healthy pregnancy, delivery and transition to parenting.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
All living things may have the capacity to reproduce.	Pregnancy can be achieved through a variety of methods.	- An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth of a healthy child. - There are a variety of factors that affect the social, emotional, and financial challenges that are associated with parenthood.

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Emotional Health		
Emotional Health encompasses the views, feelings, and expressions about oneself. Emotional health includes a person's emotional, mental, psychological, and social well-being. It also helps determine how to handle stress and make choices related to others. Emotionally healthy people consciously develop coping mechanisms that are situationally appropriate to resolve and gather positive outcomes, develop strategies for mental health emergencies, respond to situations in a positive and appropriate manner, connect with resources and trusted individuals to assist, communicate feelings with confidence, and recognize support systems.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
- Many factors influence how we think about ourselves and others. - There are different ways that individuals handle stress, and some are healthier than others.	- Self-management skills impact an individual's ability to recognize, cope, and express emotions about difficult events. - Resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.	Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.

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Social and Sexual Health		
Social and Sexual Health is a person's ability to communicate and interact with others efficiently. Individuals are able to form meaningful relationships with others and interact in healthy, appropriate ways. They encompass respect and accept differences of an individual's race, religion, gender identity, gender expression, ethnicity, disability, socioeconomic background, and perspectives of health-related decisions. The extent to which people connect with others in different environments, adapt to various social and sexual situations, feel supported by individuals, institutions, and experience a sense of belonging, all contribute to social and sexual health.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
- Every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, things they like to do. - Families shape the way we think about our bodies, our health and our behaviors. - People have relationships with others in the local community and beyond. - Communication is the basis for strengthening relationships and resolving conflict between people. - Conflicts between people occur, and there are effective ways to resolve them.	- All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation. - Family members impact the development of their children physically, socially, and emotionally. - People in healthy relationships share thoughts and feelings, as well as mutual respect.	- Inclusive schools and communities are accepting of all people and make them feel welcome and included. - Relationships are influenced by a wide variety of factors, individuals, and behaviors. - There are factors that contribute to making healthy decisions about sex.

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Community Health Services and Support		
Community Health Services provide informational resources and assistance to communities and individuals to support disease and injury prevention, disaster relief, and improve the quality of services provided to all individuals. Community Health Services promote public health, health equity, healthy lifestyles and reduce health disparities. Services and support can include the provision of Culturally and Linguistically Appropriate Services (CLAS), medical/dental health services, nursing, clothing, shelter, hunger relief, and allied health professional care to people in need, or people maintaining regular wellness screenings in the person's home, other residential settings, or a community health care facility.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
- People in the community work to keep us safe. - Individuals face a variety of situations that may result in different types of feelings and learning how to talk about their feelings is important.	- Community professionals and school personnel are available to assist and address health emergencies as well as provide reliable information. - Individuals will benefit from an awareness of coping strategies that can be used when facing difficult situations.	- Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community. - Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health. - Different people have different capacities to deal with different situations and being aware of a wide variety of tools and resources is beneficial.

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Movement Skills and Concepts		
Movement Skills and Concepts include learning and investigating the fundamentals of movement (on land, water, snow, sand and ice) from one place to another and the understanding of biomechanics (how the body moves, grows and matures). Movement skills fall into three main categories: locomotor, non-locomotor, and manipulative skills. Concepts into categories such as spatial awareness (where the body moves), body awareness (what can the body do), qualities of movement (how the body moves and with whom/what does the body move).		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
- The body moves with confidence in a variety of the age appropriate performances of gross, fine, locomotor, non locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports and recreational activities. - Feedback impacts and improves the learning of movement skills and concepts. - Teamwork consists of effective communication and respect among class and team members.	- Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities, free movement, games, aerobics, dance, sports and recreational activities. - Constructive feedback from others impacts improvement, effectiveness and participation in movement skills, concepts, sportsmanship and safety. - Teams apply offensive, defensive, and cooperative strategies in most games,	- Effective execution of movements is determined by the level of related skills, providing the foundation for physical competency and literacy to participate with confidence in a broad range of physical activities (e.g., games, sports, aerobics, martial arts recreational activities). - Feedback from others and self assessment impacts performance of movement skills and concepts. - Individual and team goals are achieved when applying effective tactical strategies in games, sports and other physical fitness activities.

	sports and physical activities.	

Physical Fitness		
Physical Fitness is the ability to move, perform daily tasks and unexpected physical challenges effectively without losing energy reserves. Fitness activities can be performed at many levels (low, moderate, and high), which will impact how efficiently the body functions.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.	The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).	A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

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Lifelong Fitness		
Lifelong Fitness requires making fitness a part of a person's daily life. It is about creating fitness habits that support individuals to plan and stay healthy throughout their lifetime. In addition, a person recognizes the medical consequences of a sedentary lifestyle and that the benefits of an active body and mind over time reduces diseases, injuries and pain. Lifelong fitness doesn't focus on competition or high-level skill development, but rather on self-evaluation, personal goal setting, social engagement, sportsmanship, enjoyment of movement, and leisure-time fitness activities.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
● Exploring wellness components provide a foundational experience of physical movement activities. ● Resources that support physical activity are all around you.	● Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities. ● Personal and community resources can support physical activity.	● Effective fitness principles combined with mental and emotional endurance over time will enhance performance and wellness. ● Community resources can provide participation in physical activity for self and family members.

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Nutrition
Nutrition is the intake of food, considered in relation to the body's dietary needs. An adequate and well-balanced diet, in combination with regular physical activity, is a cornerstone of physical wellness. Nutritional wellness necessitates learning how to develop good eating habits, including choosing healthy foods and understanding the effects that portion size, sugars, fats, and high cholesterol foods have on a body. Additionally, balancing food intake with exercise, tempered by factors such as age, lifestyle, and hereditary are vitally important components of nutritional wellness.

By the End of Grade 2	By the End of Grade 5	By the End of Grade 8
Nutritious food choices promote wellness and are the basis for healthy eating habits	Understanding the principles of a balanced nutritional plan (e.g., moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition related decisions that will contribute to wellness.	Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.

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Personal Safety		
Personal Safety involves being aware of your surroundings and understanding of how certain situations and/or unhealthy behaviors can lead to injury, illness or death. The ability to identify potential risks and an awareness of the steps that can likely prevent injuries and diseases are key to being safe. In addition, it is essential that individuals understand that there are circumstances that may make them feel uncomfortable or are unsafe/dangerous that are beyond their control. In those circumstances, it essential that individuals know where and how to seek help and do not blame themselves.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
- The environment can impact personal health and safety in different ways. - Potential hazards exist in personal space, in the school, in the community, and globally. - Any time children feel uncomfortable or in an unsafe situation, they should reach out to a trusted adult for help.	- Safety includes being aware of the environment and understanding how certain situations could lead to injury or illness. - There are strategies that individuals can use to communicate safely in an online environment. - Children who practice setting healthy boundaries know how to say no and what to do when they feel uncomfortable or find themselves in	- Awareness of potential risk factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations - Individuals may experience interpersonal and/or sexual violence for a variety of reasons, but the victim is never to blame. - Technology can impact the capacity

	unsafe situations.	of individuals to develop and maintain healthy behaviors and interpersonal relationships.

Health Conditions, Diseases, and Medicines		
Health conditions are acute or chronic illnesses and diseases, which can be either controllable or life threatening. People contract different types of diseases, such as communicable diseases, Vector-borne diseases and Zoonotic diseases to name a few. Access to care and facilities affect the conditions of health. Health-enhancing behaviors help a person avoid and reduce health risks, and diseases. Early detection, treatment, screenings, and vaccines assist in preventing (personal, community and global) illnesses and outbreaks. Medicines are substances that treat or relieve diseases and pain. Medications are prescribed by a physician or can be accessed over the counter. Medications can be misused and abused if not taken properly.		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
People need food, water, air, waste removal, and a particular range of temperatures in their environment to stay healthy.	There are actions that individuals can take to help prevent diseases and stay healthy.	● Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition. ● The degree to which an individual is impacted by a health condition or

		disease can be affected by their immune system and treatment strategies.

Alcohol, Tobacco, and Other Drugs

Alcohol, other drugs and tobacco can be found in a variety of forms. The use of alcohol and other drugs has both short-term and long-term effects. Alcohol and other drugs use refer to all types of legal and illicit drugs. Over the counter medicines and prescription medications, when taken correctly are drugs used to treat pain and illness. These drugs have both benefits and risks. There are many types of tobacco products such as cigarettes, e-cigarettes, and marijuana to name a few that can cause damage both physically and mentally. Tobacco, alcohol, and other illicit drug products can adversely affect the user, family members, and those in the community.

By the End of Grade 2	By the End of Grade 5	By the End of Grade 8
The use of alcohol, tobacco, and other drugs in unsafe ways is harmful to one's health.	● The use of alcohol, tobacco, and drugs may affect the user, family, and community members in negative ways and have unintended consequences. ● Drug misuse and abuse can affect one's relationship with friends, family, and community members in unhealthy ways.	The use of alcohol, tobacco (including e-cigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others

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Dependency, Substances Disorder, and Treatment		
Dependency is when a person develops a tolerance and an increased need for a drug or substance. There are types of dependency such as physical, and psychological addictions. Disorder or a substance use disorder is when casual or experimental use of alcohol or other substances (including illegal drugs, medications prescribed or not) escalates. Treatment includes programs and facilities a person can enroll in, to seek assistance and to receive help to recover. There are many types of treatment facilities for a person to receive help to recover. Students should know who to see and where to go for resources in the school and in the community (e.g., teacher, coach, school counselor, SAC, school nurse, resource officer, peer leadership individual, mental health specialist, parents, social worker).		
By the End of Grade 2	**By the End of Grade 5**	**By the End of Grade 8**
Substance abuse is caused by a variety of factors. There are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.	- The short- and long-term effects of substance abuse are dangerous and harmful to one's health. - The use/abuse of alcohol, tobacco, and drugs can have unintended	A variety of factors can contribute to alcohol, tobacco, and drug disorders (e.g., mental health, genetics, environment) and a wide variety of treatment options are available depending on the needs of the

	consequences but there are resources available for individuals and others affected by these situations.	individual.
		• The use of alcohol and drugs can affect the social, emotional, and physical behaviors of individuals and their families.