LIVING SKILLS

Overall Expectations:
1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade

Specific Expectations:
1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living [PS]
1.2 use adaptive, management, and coping skills to help them respond to the various challenges they encounter as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living [PS]
1.4 apply relationship and social skills as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living to help them interact positively with others, build healthy relationships, and become effective team members [IS]
1.5 use a range of critical and creative thinking skills and processes to assist them in making connections, planning and setting goals, analysing and solving problems, making decisions, and evaluating their choices in connection with learning in health and physical education [CT]

ACTIVE LIVING

Overall Expectations:
A2. demonstrate an understanding of the importance of being physically active and apply physical fitness concepts and practices that contribute to healthy, active living

Specific Expectations:
A2.2 identify factors that can affect health-related fitness and describe how training principles can be applied to develop fitness [CT]
By the end of **grade 7**, students will:

**HEALTHY LIVING**

**Overall Expectations:**

C1. demonstrate an understanding of factors that contribute to healthy development

**Specific Expectations:**

C1.1 describe benefits and dangers, for themselves and others, that are associated with the use of computers and other technologies, and identify protective responses

**Overall Expectations:**

C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being

**Specific Expectations:**

C2.1 demonstrate the ability to make healthier food choices, using information about the role that different foods play as contributing or preventive factors in a variety of health disorders [CT]

**Overall Expectations:**

C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others and how factors in the world around them affect their own and others’ health and well-being

**Specific Expectations:**

C3.1 demonstrate an understanding of personal and external factors that affect people’s food choices and eating routines and identify ways of encouraging healthier eating practices
By the end of **grade 8**, students will:

**LIVING SKILLS**

**Overall Expectations:**

1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade

**Specific Expectations:**

1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living [PS]

1.2 use adaptive, management, and coping skills to help them respond to the various challenges they encounter as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living [PS]

1.4 apply relationship and social skills as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living to help them interact positively with others, build healthy relationships, and become effective team members [IS]

1.5 use a range of critical and creative thinking skills and processes to assist them in making connections, planning and setting goals, analysing and solving problems, making decisions, and evaluating their choices in connection with learning in health and physical education [CT]

**ACTIVE LIVING**

**Overall Expectations:**

A1. participate actively and regularly in a wide variety of physical activities and demonstrate an understanding of how personal motivational factors can be used to encourage participation in physical activity

**Specific Expectations:**

A1.3 demonstrate an understanding of factors that motivate personal participation in physical activities every day and explain how these factors can be used to influence others to be physically active [CT]

**Overall Expectations:**

A2. demonstrate an understanding of the importance of being physically active and apply physical fitness concepts and practices that contribute to healthy, active living

**Specific Expectations:**

A2.4 develop, implement, and revise a personal plan to meet short- and long-term health-related fitness and physical activity goals [PS, CT]
By the end of grade 8, students will:

**HEALTHY LIVING**

**Overall Expectations:**
C1. demonstrate an understanding of factors that contribute to healthy development

**Specific Expectations:**
C1.1 demonstrate an understanding of different types of nutrients and their functions

**Overall Expectations:**
C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being

**Specific Expectations:**
C2.1 evaluate personal food choices on the basis of a variety of criteria, including serving size, nutrient content, energy value, ingredients, preparation method, and other factors that can affect health and well-being [CT]

**Overall Expectations:**
C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others’ health and well-being

**Specific Expectations:**
C3.1 identify strategies for promoting healthy eating within the school, home, and community [CT]