Grade 1 Physical & Health Ed

Curricular Competencies

Big Ideas

*Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living.

*Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.

*Knowing about our bodies and making healthy choices helps us look after ourselves.

*Good health comprises physical, mental, and emotional well-being.

	Physical Literacy			Health & Active Living					Social & Community			Mental Well-Being		
	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Describe the body's reaction to participating in physical activity in a variety of environments	Develop and demonstrate safety, fair play, and leadership in physical activities	Participate daily in physical activity at moderate to vigorous intensity levels	Identify opportunities to be physically active at school, at home, and in the community	Identify and explore a variety of foods and describe how they contribute to health	Identify opportunities to make choices that contribute to health and well-being	Recognize basic health information from a variety of sources	Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations	Develop and demonstrate respectful behaviour when participating in activities with others	Identify caring behaviours among classmates and within families	Identify and describe practices that promote mental well-being	Identify and describe feelings and worries	Identify personal skills, interests, and preferences
Content														
proper technique for fundamental movement skills, including non-locomotor,locomotor, and manipulativeskills														
how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games														
relationships between food, hydration, and health														
effects of different activities on the body														
practices that promote health and well-being														
names for parts of the body, including male and female private parts														
appropriate and inappropriate ways of being touched														
different types of substances and how to safely use or avoid them														
hazards and potentially unsafe situations														
caring behaviours in groups and families														
emotions and their causes and effects														
reliable sources of health information														