Grade 4 Physical & Health Ed

Curricular Competencies

Big Ideas

*Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.
*Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle.
*Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.
Personal choices and social and environmental factors influence our health and well-being.
*Developing healthy relationships helps us feel connected, supported, and valued.

Content

	Physical Literacy					Health & Active Living						Social & Community				Mental Well-Being			
	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	Apply a variety of movement concepts and strategies in different physical activities	Apply methods of monitoring exertion levels in physical activity	Develop and demonstrate safety, fair play, and leadership in physical activities	Identify and describe preferred types of physical activity	Participate daily in physical activity at moderate to vigorous intensity levels	Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community	Explain the relationship of healthy eating to overall health and well-being	Identify and describe factors that influence healthy choices	Examine and explain how health messages can influence behaviorsand decisions	Identify and apply strategies for pursuing personal healthy-living goals	Identify and describe avoidance or assertiveness strategies to use inunsafe and/or uncomfortable situations	Describe and assess strategies for responding to discrimination, stereotyping, and bullying	Describe and apply strategies for developing and maintaining positive relationships	Describe and apply strategies that promote a safe and caring environment	Describe and assess strategies for promoting mental well-being	Describe and assess strategies for managing problems related to mental well-being and substance use	Explore and describe strategies for managing physical, emotional, and social changes during puberty	Describe factors that influence mental well-being and self-identity
proper technique for fundamental movement skills, including non-locomotor,locomotor, and manipulativeskills																			
movement concepts andstrategies																			
ways to monitor physical exertion levels																			
how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games																			
benefits of physical activity and exercise																			
practices that promote health and well-being, including those relating to physical activity,sleep, healthy eating, andillness prevention																			
food portion sizes and number of servings																			
communicable and non-communicable illnesses																			
media messaging and body image																			
strategies and skills to use in potentially hazardous, unsafe or abusive situations, including identifying common lures or tricks used by potential abusers																			
strategies for responding to bullying, discrimination, and violence																			
potential effects of psychoactive substance use, and strategies for preventing personal harm																			
factors that influence self-identity, including body imageand social media																			
physical, emotional, and socialchanges that occur during puberty, including those involving sexuality and sexual identity																			