

Health Education 2

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- demonstrate an understanding that the brain controls thoughts, feelings, and behaviours and that emotions can be felt in a positive or negative way
- demonstrate and practise safety precautions and basic first aid skills within a variety of contexts
- demonstrate an understanding that decisions they and others make have positive and/or negative outcomes
- recognize the health benefits of being physically active and identify how and when they can be physically active for at least 30 minutes each day
- recognize the impact that video gaming may have on leisure time and recreational activities

Healthy Relationships

- assess the qualities that make a good friend and practise ways to make and maintain friendships
- demonstrate empathy for others
- demonstrate an awareness that individuals and families have values, and that these values can contribute to healthy relationships and healthy decision-making
- investigate the importance of water for the health of self, others, and the health of the environment
- examine Canada's food guide and demonstrate an understanding that foods within each of the four food groups provide different nutrients that help us grow, develop, learn, play, be active, and keep healthy

Healthy Community

- differentiate between times when it is safe to share personal information and times when they should protect their personal information
- demonstrate an awareness that communities create and follow rules that enhance health of self and others
- practise being active on the playground in a way that promotes injury prevention for self and others