

# Health Education 4

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## Specific Curriculum Outcomes

Students will be expected to

### Healthy Self

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- describe the physical and emotional changes that take place during puberty
- differentiate between gender roles and gender identity
- demonstrate an awareness that values are an integral part in making healthy decisions and fostering healthy behaviour
- differentiate between anxious feelings that we all have and signs of anxiety that are more serious, and identify people who can help
- identify personal motivation factors that lead to participation in regular physical activity and the importance of balancing physical activity with quiet sedentary leisure activities
- demonstrate an understanding that children need at least 30 minutes of vigorous activity and 60 minutes of moderate activity each day for optimal growth and development

### Healthy Relationships

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- identify the components of a healthy relationship
- demonstrate an awareness of the link between positive self-identity and making healthy decisions that affect relationships and care of self

### Healthy Community

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- demonstrate an awareness of the various forms of gambling, including video games, and demonstrate an understanding of the concepts of betting, randomness, and odds — (last half could be indicator)
- demonstrate an awareness of the toy industry and how this may connect to consumer behaviour
- design safe active transportation routes through a creative process and promote ways to make walking or wheeling in their communities a safe practice
- promote environmental awareness within the school community to that demonstrates awareness of the connection between environment and health
- describe ways they can prevent injuries from falls while involved in play, sport, and recreational experiences