



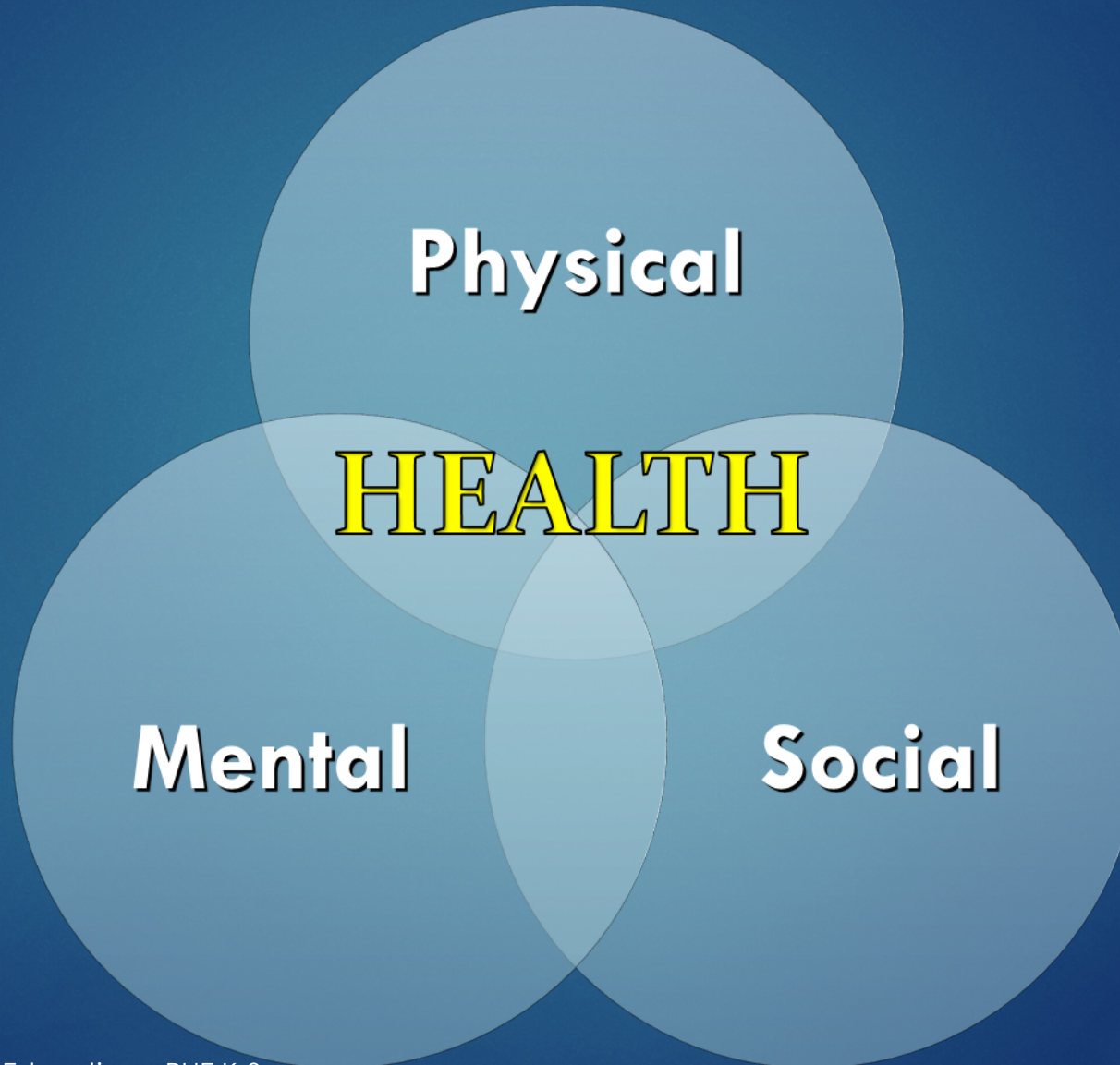
Physical and Health Education K-9

REGULAR MEETING OF THE BOARD OF EDUCATION - OCTOBER 25, 2016

Curriculum Change - PHE

- The new PHE curriculum is...
 - Joining the national and international movement to develop deeper, more holistic understanding of health for our students
 - Most common goal of PE curriculums across Canada and the world: to create healthy, active citizens for life

3 Major Focuses in the PHE Curriculum



Big Ideas in Kindergarten

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.

Curricular Competencies

- ▶ Social and Community Health
- ▶ Mental Well-being
- ▶ Physical Literacy
- ▶ Healthy and Active Living

Overarching Themes

- ▶ Personal Safety
- ▶ Relationships
- ▶ Anti-discrimination and Stereotyping
- ▶ Mental Wellness
- ▶ Substance Use / Misuse
- ▶ Sexual Health
- ▶ Personal Identity

Personal Identity Example

- ▶ Kindergarten/Grade
 - ▶ Identify personal skills, interests, and preferences
- ▶ Grade 4/5
 - ▶ Explore and describe how personal identities adapt and change in different settings and situations
- ▶ Grade 8/9
 - ▶ Explore and describe factors that shape personal identities, including social and cultural factors

What's new Review

- ▶ A holistic, life time model
- ▶ Social and Mental Health has moved from Health and Career Education to Physical and Health Education
- ▶ Inclusion of sexual orientation and gender identity
- ▶ Substance use/misuse carries through all grades
- ▶ Includes mental wellness and illness

How the District is supporting

- ▶ The creation of a District Teacher/Counsellor to support the PHE Curriculum
- ▶ Curriculum Implementation Days and Professional Development Days
- ▶ Workshops for teachers
- ▶ Connection with community partners
- ▶ Well researched and evidenced-based lessons
- ▶ Team teaching and planning

Closing

- ▶ <https://curriculum.gov.bc.ca/curriculum>
- ▶ Questions?