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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** |
| **Physical Literacy** | Daily physical activity helps us develop movement skills and physical literacy; and is an important part of healthy living. | Daily physical activity helps us develop movement skills and physical literacy; and is an important part of healthy living. | Learning how to participate and move our bodies in different physical activities helps us develop physical literacy. | Movement skills and strategies help us learn how to participate in different types of physical activity. | Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle. | Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle. | Physical literacy and fitness contribute to our success in and enjoyment of physical activity. | Physical literacy and fitness contribute to our success in and enjoyment of physical activity. | Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle. | Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle. |
| **Healthy and Active Living** | Knowing about our bodies and making healthy choices helps us look after ourselves. | Knowing about our bodies and making healthy choices helps us look after ourselves. | Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. | Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. | Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. | Daily physical activity enable us to practice skillful movement and helps us develop personal fitness. | Daily physical activity enable us to practice skillful movement and helps us develop personal fitness. | Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. | Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. | Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. |
| **Social and Community Health**  | Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps to build healthy relationships. | Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps to build healthy relationships. | Adopting healthy personal practices and safety strategies protects ourselves and others.Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. | Adopting healthy personal practices and safety strategies protects ourselves and others.Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. | Developing healthy relationships helps us feel connected, supported, and valued. | Developing healthy relationships helps us feel connected, supported, and valued. | Learning about similarities and differences in individuals and groups influences community health. | Learning about similarities and differences in individuals and groups influences community health. | Advocating for the health and well-being of others connects us to our community.Healthy relationships can help us lead rewarding and fulfilling lives. | Advocating for the health and well-being of others connects us to our community.Healthy relationships can help us lead rewarding and fulfilling lives. |
| **Mental** **Well-Being** | Good health comprises physical, mental, and emotional well-being. | Good health comprises physical, mental, and emotional well-being. | Our physical, emotional, and mental health are interconnected. | Our physical, emotional, and mental health are interconnected. | 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. | 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. | We experience many changes in our lives that influence how we see ourselves and others.Healthy choices influence our physical, emotional, and mental well-being. | We experience many changes in our lives that influence how we see ourselves and others.Healthy choices influence our physical, emotional, and mental well-being. | Healthy choices influence our physical, emotional, and mental well-being. | Healthy choices influence our physical, emotional, and mental well-being. |

**PHYSICAL AND HEALTH EDUCATION (PHE) K-9 BIG IDEAS CONTINUUM (UNDERSTAND)**