

## A PARENT'S GUIDE: THE 2015 HEALTH AND PHYSICAL EDUCATION CURRICULUM

The health and physical education (HPE) curriculum helps students learn the skills and knowledge they need to make healthy and safe choices – at home, at school, and in the community – and develop habits of healthy, active living that will enhance their physical and mental well-being for the rest of their lives.

There are **three parts** to the curriculum – **active living, movement competence,** and **healthy living, which includes sex ed.** A **fourth part, living skills,** is integrated with learning in these other areas. Learning in all parts of the curriculum helps students develop the skills and knowledge they need to:



Understand themselves and others



Think critically, make and promote healthy choices



Develop and maintain healthy relationships



Be safe, physically and emotionally



Be physically active for life and thrive

### SUPPORTING YOUR CHILD'S LEARNING

Parents and schools both have important roles in supporting student learning and well-being. Here are some ways to help:

- Encourage your child to build confidence by trying new physical activities and learning what they are capable of doing.
- Have a conversation with your child about the different forms of bullying and how to respond (e.g., by talking to a trusted adult). See **Bullying: We Can All Help Stop It** (available in multiple languages on the Ontario Government site)
- Develop healthy eating habits by planning and eating meals together.

### DID YOU KNOW?

- The age at which the onset of puberty occurs is unique for each child, and now tends to happen at an earlier age than it did before. In some children, it may occur as early as 8 or 9 years old. (**Journal of Obstetric, Gynecologic, & Neonatal Nursing**, 2007, Hospital for Sick Kids, [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca))
- Children with parents who smoke are almost two times more likely to smoke than children whose parents don't smoke. The younger children are when they start smoking, the more likely they are to become addicted. (**Canadian Cancer Society**, 2015)

Further information and additional parent materials, including guides to the **Human Development and Sexual Health (sex ed)** component of the curriculum, are available in multiple languages. Visit [Ontario.ca/HPE](http://Ontario.ca/HPE).

## WHAT WILL YOUR CHILD LEARN IN GRADE 4?

### Living Skills

Through the curriculum, students learn to understand themselves, cope with challenges and change, communicate and interact with others in a healthy way, and think critically and creatively. Students learn, for example:

- to encourage peers when playing active games together
- to help someone they see being bullied, either in person or online

### Active Living

Through active participation, students build a foundation for lifelong healthy active living while learning what makes activity fun. Students learn:

- to participate in daily physical activity (e.g., beach ball volleyball, wheeling a wheelchair through an obstacle course, moving to music) and identify what helps them participate
- to consider how different types of activities and different intensities of activity affect their fitness as they set personal fitness goals
- to take responsibility for their safety and the safety of others, take precautions to prevent accidents, and take appropriate action to respond to injuries

### Movement Competence

Through exploration and trying a variety of activities, students develop and practise skills for moving, and build confidence in their physical abilities. Students learn:

- to move alone, with others, and with equipment in different ways (e.g., landing in control, keeping eyes on a target when throwing, holding an object while moving)
- to understand the basic features of games, including the idea of fair play, rules, equipment, ways of grouping games and sports into categories, and simple ways to help them be successful

### Healthy Living, including Sex Ed

Students consider connections between their health and the world around them and learn to use health information to make safe and healthy choices. Students learn about:

- physical changes at puberty, personal hygiene, and the impacts of puberty on feelings and relationships
- bullying, abuse, and the safe use of technology
- making decisions in different situations by thinking ahead and assessing risk (e.g., planning a safe route to school, avoiding allergic reactions by checking food ingredients)
- health effects of smoking and second-hand smoke, and factors that might influence someone to smoke or not smoke
- nutrients and setting healthy eating goals, using information from Canada's Food Guide (e.g., portion size, food groups)
- promoting healthy food choices in different settings (e.g., arena, special events)