

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:

- Support healthy growth and development by maintaining a bedtime routine that helps your child sleep for at least 10 hours most nights.
- Encourage physically active play and limit the time your child spends in front of a screen.
- Promote good dental health habits by brushing your teeth together with your child.

DID YOU KNOW?

- Canada's Food Guide is available in 10 different languages in addition to English and French, including Arabic, Chinese, Farsi (Persian), Korean, Punjabi, Russian, Spanish, Tagalog, Tamil, and Urdu. *Eating Well with Canada's Food Guide: First Nations, Inuit and Métis* is available in Inuktitut, Ojibwe, Plains Cree, and Woods Cree. (**Health Canada**)
- Building children's self-esteem increases their ability to accept themselves and respect others. Enhanced self-esteem is an important factor in bullying prevention. (www.safeatschool.ca)

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.

WHAT WILL YOUR CHILD LEARN IN GRADE 2?

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 try different solutions, like walking away, telling the person to stop, or getting help, if they are being teased
- to think about what they will need in different weather conditions if they are going to play outside

Active Living

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

- to make physical activity (e.g., cooperative games, skipping) a part of their everyday lives, and understand the reasons for participating regularly in physical activity
- to understand the importance of daily physical activity for their heart and lungs and of setting physical activity goals and monitoring their activity level (e.g., by paying attention to their heartbeat)
- to take responsibility for their safety and the safety of others, including those with medical conditions

Movement Competence

Through exploration and play, students develop and practise skills for moving, and build confidence in their physical abilities. Students learn:

- to move safely in a variety of ways with an awareness of themselves, others, and the space around them; to balance, jump, and land in different ways; and to send and receive (e.g., throw, kick, catch, stop, block) a variety of objects
- to understand the basic features of games, including the idea of fair play, rules, equipment, 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:

- respecting others (e.g., by learning to listen and to pay attention to body language) and standing up for themselves
- stages of development and staying healthy as they change and grow
- staying safe at home (e.g., having an escape plan in case of fire) and outdoors (e.g., sun safety, school bus safety), recognizing common allergies and their effects, and using medicines safely
- staying healthy (e.g., by being active, getting enough sleep) or getting healthy again after an illness
- caring for their teeth and mouth
- considering nutrition and factors within their control (e.g., food available in the home) as they make food choices based on Canada's Food Guide