

## 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:

- Schedule time to be active outdoors with your child.
- Use correct names for body parts, so children can communicate clearly and get help in case of illness, injury, or abuse.
- Make good hygiene a habit (e.g., by washing hands before eating).

### DID YOU KNOW?

- Teaching children correct anatomical terms in an age-appropriate way promotes positive body image, self-confidence, and parent-child communication, and, in the event of abuse, gives children the language they need to get help. (**National Sexual Violence Resource Center**, 2013)
- Access to active play in nature and outdoors – with its risks – is essential for healthy child development. (**ParticipACTION Report Card on Physical Activity for Children and Youth**, 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 1?

### 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 express themselves in a positive way when they are excited or disappointed
- to take turns when using equipment
- to make connections between being active and being healthy

### 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 physical activity as a part of their everyday lives, including learning ways of being active (e.g., playing tag, galloping to music)
- to understand the importance and health benefits of daily physical activity, and recognize signs of being active (e.g., breathing hard, feeling hot)
- to take responsibility for their safety and the safety of others, especially when enjoying outdoor activity

### 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 and the space around them; to balance 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:

- the identification of body parts (including genitalia) by their proper names, and how to care for their bodies (e.g., hand washing as a part of personal hygiene)
- caring and harmful behaviours, and how to recognize them
- safety, at home, at school, and in the community
- connections between their actions, the way they feel, and their health
- the importance of healthy foods for healthy bodies, and how to use Canada's Food Guide
- their senses, and how to use feelings of hunger, thirst, and fullness to develop healthy eating habits