

Health Education 4

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- 1.1 describe the physical and emotional changes that take place during puberty
- 1.2 differentiate between gender roles and gender identity
- 1.3 demonstrate an awareness that values are an integral part in making healthy decisions and fostering healthy behaviour
- 1.4 differentiate between anxious feelings that we all have and signs of anxiety that are more serious, and identify people who can help
- 1.5 identify personal factors that motivate them to participate in physical activity and quiet leisure activities
- 1.6 explore their skills and interests in relation to potential life goals
 - reflect on likes and dislikes
 - investigate personal learning styles
 - reflect on understanding of self

Healthy Relationships

- 2.1 identify components of a healthy relationship
- 2.2 demonstrate an awareness of the link between positive self-identity and making healthy decisions that affect relationships and care of self

Healthy Community

- 3.1 demonstrate an awareness of the various forms of gambling, and consider risks associated with gambling and gaming online
- 3.2 analyze how marketing impacts health
- 3.3 design active transportation routes through a creative process and promote ways to safely engage in walking or wheeling in their communities
- 3.4 explore the relationship between sustainable development and health
- 3.5 describe ways they can prevent injuries from falls

Literacy Outcome

Students will apply literacy learning in Health Education 4 by engaging in listening and speaking, reading and viewing, and other ways of representing.