

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:

- Talk with your child early about what healthy and unhealthy relationships look like, sound like, and feel like.
- Seek regular opportunities to talk with your child about protecting their information and privacy online. See **Quick Facts for Parents: Learning about Online Safety, Including Risks of Sexting**
- Balance screen time and time being active. Develop healthy and physically active routines.

DID YOU KNOW?

- Kids Help Phone (1-800-668-6868) is a 24-hour, bilingual, and anonymous phone counselling, web counselling, and referral service for children and youth. Kids Help Phone's services are used over 500 000 times each year. (KidHelpPhone.ca)
- Teaching about sexual health and development does not increase sexual behaviour but can actually delay or decrease sexual activity. (**Sex Information and Education Council of Canada, Questions and Answers**, 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.

WHAT WILL YOUR CHILD LEARN IN GRADE 7?

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 employ problem-solving techniques and experiment with different strategies in team games
- to be aware of and monitor their own physical, emotional, and mental health

Active Living

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

- to participate actively in a wide variety of daily physical activities (e.g., yoga, wheelchair bocce, hockey) and identify what helps them participate
- to develop fitness plans and goals that take into consideration different factors that affect their fitness (e.g., nutrition, mental health, heredity, frequency and intensity of activity)
- to take responsibility for their safety and the safety of others, and be prepared to respond to possible dangers when being active outdoors

Movement Competence

By participating in a wide variety of activities, students continue to develop and practise skills for moving, and build confidence in their physical abilities. Students learn:

- to understand that movements involve getting ready, executing, and following through and to apply this understanding as they move in more complex ways (e.g., dodging and faking in response to others, volleying a ball over a net away from their opponents)
- to understand ways in which games and sports can be grouped into categories and to use strategies that help them be successful in different activities

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:

- relationship changes at puberty and the physical, emotional, social, and psychological factors that influence sexual health decisions
- the importance in a relationship of clear communication about consent and sexual activity and about ways of preventing sexually transmitted infections and unintended pregnancy (e.g., delaying sexual activity)
- connections between body image and some kinds of substance use (e.g., use of diet pills, steroids)
- the impacts of bullying, harassment, and behaviours such as sexting; the safe use of technology; and ways of preventing or addressing incidents of bullying and harassment
- connections between mental health problems and possible issues related to substance use and addictive behaviours (e.g., dependence on technology)
- ways in which a variety of personal and external factors (e.g., busy schedules, allergies, budgets) affect food choices and eating routines
- the effects of different foods on health