

MAKE YOUR MOVE

Connections to BC's Curriculum Grades K - 7

The following is taken from BC's Revised Curriculum for PHE found at:
<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

CORE COMPETENCIES



Here are a few examples of the connections to Core Competencies:

- Personal Awareness & Responsibility - eg. I can make choices that benefit my well-being and keep me safe in the communities I belong to.
- Positive Personal and Cultural Identity - eg. I can describe and demonstrate pride in my positive qualities, characteristics, and/or skills.
- Social Awareness and Responsibility - eg. I can participate in activities to care for and improve my social and physical surroundings.

GRADES K-3



Curricular: Identify and describe feelings and worries. Identify and describe a variety of unsafe and/or uncomfortable situations as well as trusted adults versus strangers. Develop strategies for establishing boundaries, eg. saying how you feel and asking for what you need. Describe and apply strategies for developing and maintaining positive relationships.

Content: Strategies and skills to use in potentially hazardous, unsafe, or abusive situations such as setting boundaries, getting help and removing oneself. Recognizing behaviours used by strangers, abusers or groomers. Cultivating an awareness of bullying, discrimination, and violence.

GRADES 4/5



Curricular: Identify and describe avoidance and assertiveness strategies to use in unsafe and/or uncomfortable situations. Describe and assess strategies for responding to discrimination, stereotyping, and bullying. Describe and apply strategies for developing and maintaining positive relationships and to demonstrate an understanding of consent.

Content: Strategies and skills to use in potentially hazardous, unsafe, or abusive situations such as assessing the situation, avoiding, being assertive, reporting, seeking help and identifying common lures or tricks used by potential abusers.

GRADES 6/7



Curricular: Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations such as setting boundaries and using one's voice. Raising awareness of exploitive situations pertaining to consent and gender-based violence.

Content: Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings, eg. knowing their rights, the importance of consent, assertiveness and avoiding and reporting potentially unsafe situations.

MAKE YOUR MOVE

Connections to BC's Curriculum Grades 8 - 12

The following is taken from BC's Revised Curriculum for PHE found at:
<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

CORE COMPETENCIES



Here are a few examples of the connections to Core Competencies:

- Personal Awareness & Responsibility - eg. I can make choices that benefit my well-being and keep me safe in the communities I belong to.
- Positive Personal and Cultural Identity - eg. I can describe and demonstrate pride in my positive qualities, characteristics, and/or skills.
- Social Awareness and Responsibility - eg. I can participate in activities to care for and improve my social and physical surroundings.

GRADES 8-10



Curricular: Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations. Propose strategies for developing and maintaining healthy relationships.

Content: Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings. Understand and recognize influences of physical, emotional, and social changes on identities and relationships such as boundary setting, managing emotions and situational awareness.

GRADES 11-12



Curricular: Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities. Demonstrate reasoned decision-making related to their personal health and well-being.

Content: Identify potential short and long-term consequences of health decisions and benefits of physical activities for health and mental well-being.