

# HEALTHY, ACTIVE LIVING LIVES HERE

The fundamental principles of the Health and Physical Education curriculum support students' well-being and ability to learn. Here's how:

I need opportunities to be healthy and active at home, school, with friends, and in the community.

## WE'RE ALL IN THIS TOGETHER! School, Family and Community Support

Children and youth will lead healthy, active lives when the skills they have learned through Health and Physical Education are reinforced at home, in their healthy school, and community.

## CHILDREN AND YOUTH LEARN BY DOING Physical Activity as the Vehicle for Learning

Health and Physical Education offers children and youth a unique opportunity to move their bodies and engage their minds.

I've learned a lot of skills from doing different physical activities so I feel confident joining activities with my friends.

I feel encouraged to participate actively in class and feel safe about sharing my thoughts.

## WE LEARN BEST WHEN WE FEEL SAFE AND INCLUDED Physical and Emotional Safety

Health and Physical Education promotes an inclusive and safe learning environment that recognizes and respects the diversity of all children and youth, and accommodates individual strengths, needs, and interests.

## CHILDREN AND YOUTH LEAD THEIR OWN LEARNING Student-Centred, Skill-based Learning

Health and Physical Education is focused on children and youth's individual skill development for healthy, active living.

I make the healthiest choices I can, and I encourage my friends and family to make healthy choices.

I am learning about my own well-being so I can lead a healthy, active life and accomplish my goals.

## LEARNING IS CONNECTED TO REAL LIFE Balanced, Integrated Learning with Relevance to Students' Lives

Health and Physical Education helps children and youth think critically about their physical, social, and emotional needs. The skills and strategies they learn will help them participate in and promote healthy, active living now and throughout their lives.

Since 1921, Ophea has been working to support the health and learning of children and youth across Ontario. Ophea is a not-for-profit organization led by the vision that all kids value and enjoy the lifelong benefits of healthy, active living. [www.ophea.net](http://www.ophea.net)