

Lasting Impact:

Developing a Lifelong Love for Physical Activity



Curriculum Framework

The B.C. Physical and Health Education Curriculum is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy individuals throughout their lives.

Physical and Health Education Curriculum Model



Big Ideas: Grades K to 7

Keeping Current

In the table below, the items from the curriculum most closely related to physical activity and the development of physical literacy are shaded in light blue.

Keeping up with curriculum developments in physical and health education is both a professional obligation

and a great way to keep your classes relevant and interesting to your students.

Maintaining your own physical and mental health through regular participation in physical activity with the students helps you personally, and in addition provides students with a critically important adult role model.

Grade	Skills and fitness	Knowing	Balanced lifestyle	Personal choices	Relationships
K–1	Daily physical activity helps us develop fundamental movement skills and physical literacy, and is an important part of healthy living.		Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which help us build healthy relationships.	Good health comprises physical, mental, and emotional well-being.	Knowing about our bodies and making healthy choices help us look after ourselves.
2	Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.	Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.	Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.	Our physical, emotional, and mental health are interconnected.	Adopting healthy personal practices and safety strategies protect ourselves and others.
3		Fundamental movement skills and strategies help us learn how to participate in different types of physical activity.			
4		Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle.			
5	Daily physical activity enables us to practice skillful movement and helps us develop personal fitness.		Developing healthy relationships helps us feel connected, supported, and valued.	Understanding ourselves and the various aspects of health help us develop a balanced lifestyle.	Personal choices, and social and emotional factors influence our health and well-being.
6					Personal choices, and social and environmental factors influence our health and well-being.
7	Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.	Physical literacy and fitness contribute to our success and enjoyment of physical activity.	We experience many changes in our lives that influence how we see ourselves and others.	Learning about similarities and differences in individuals and groups influences community health.	Healthy choices influence our physical, emotional, and mental well-being.

*This chart is from the B.C. Curriculum. Learn more here: www.curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/continuous-views/en_phe_k-10_big_ideas.pdf

