

Links to curriculum

Physical and Health Education 9

Big idea

- ✓ Healthy choices influence our physical, emotional, and mental well-being

Competencies

Healthy and active living

- ✓ Participate daily in physical activity designed to enhance and maintain health components of fitness
- ✓ Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness
- ✓ Propose healthy choices that support lifelong health and well-being
- ✓ Identify and apply strategies to pursue personal healthy-living goals

Social and community health

- ✓ Propose strategies for developing and maintaining healthy relationships
- ✓ Create strategies for promoting the health and well-being of the school and community

Mental well-being

- ✓ Analyze strategies for promoting mental well-being, for self and others
- ✓ Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others
- ✓ Explore and describe factors that shape personal identities, including social and cultural factors

Physical and Health Education 10

Big ideas

- ✓ Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals
- ✓ Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being
- ✓ Understanding the factors that influence our health empowers us to take action to improve it

Competencies

Healthy and active living

- ✓ Identify and apply strategies to pursue personal healthy-living goals
- ✓ Analyze how health-related decisions support the achievement of personal healthy-living goals

Social and community health

- ✓ Analyze the potential effects of social influences on health

Mental well-being

- ✓ Evaluate and explain strategies for promoting mental well-being
- ✓ Explore factors contributing to substance use
- ✓ Explore and describe factors that shape personal identities, including social and cultural factors
- ✓ Describe the relationships between physical activities, mental well-being and overall health



Career-Life Education

Big idea

- ✓ Finding balance between personal and work life promotes well-being

Competencies

Experience

- ✓ Identify career-life challenges and opportunities, and generate and apply strategies
- ✓ Practise effective strategies for healthy school/work/life balance

Career-Life Connections

Big idea

- ✓ A sense of purpose and career-life balance support well-being

Competencies

Examine

- ✓ Recognize personal worldviews and perspectives, and consider their influence on values, actions, and preferred futures
- ✓ Explore and evaluate personal strategies, including social, physical, and financial, to maintain well-being

Experience

- ✓ Identify and apply preferred approaches to learning for ongoing career-life development and self-advocacy
- ✓ Engage in, reflect on, and evaluate career-life exploration

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World Health Organization says:

- “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”
- “Health promotion is the process of enabling people to increase control over, and to improve, their health.”

First Nations Perspective of Wellness:

- A visual expression of the First Nations Perspective on Wellness - the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.

