

Physical Education and Wellness Curriculum

Physical Education and Wellness Introduction

What Is Physical Education and Wellness?

Physical education and wellness promotes the development of the whole individual and aims to nurture students in their pursuit of a healthy and active life. This subject combines the disciplines of physical education and health/wellness education and, through a healthy school community, promotes the holistic development of students in eight dimensions: physical, social, emotional, spiritual, environmental, financial, intellectual, and occupational.

While respecting the diversity of each student’s unique strengths, talents, and goals, physical education and wellness seeks to empower all learners to positively engage with their peers and community. With a healthy mind, body, and spirit, students are empowered to experience success at school, with their families, and in their communities.

Active Living, Physical Literacy, and Personal and Community Well-being

In physical education and wellness, students are supported on their journey of achieving well-being through a healthy school community that promotes and emphasizes active living, personal health and development, healthy relationships, and financial literacy.

The physical education component of this subject supports well-being through the development of movement skills and concepts, and an appreciation for active living that is valued and integrated into daily life. As students become physically literate, they develop the motivation, confidence, competence, and knowledge to value and take responsibility for participating in a wide range of physical activities across a lifespan. During physical education, students have meaningful learning opportunities to develop personal and social skills and behaviours as they interact respectfully within various indoor, outdoor, and alternative environments. Physical education enables students to experience the joy of movement through purposeful engagement in each of the following physical activity dimensions: rhythmic, gymnastic, expressive, individual and group, challenge and adventure, and cultural activities and games.

The wellness education component of physical education and wellness promotes the health of individuals and communities. It provides students with opportunities to learn about various aspects of well-being so they can make informed decisions that benefit themselves and their communities. In wellness education, students learn about the importance of consent, mutual respect, dignity, and responsibility. Students also learn about basic health practices and decision making related to personal growth and development, nutrition, safety, human reproduction/puberty,* and positive relationships. Wellness education supports social-emotional well-being, fosters positive mental health, and enables students to develop a better understanding of themselves and how they contribute to community well-being. As students mature, they acquire, understand, and apply health and wellness information to support well-being in a variety of contexts.

Physical education and wellness embraces a holistic model of wellness that respects and honours traditional ways of knowing and being for First Nations, Métis, and Inuit. Through diverse viewpoints, including First Nations, Métis, Inuit and Francophone perspectives, all students benefit from a deeper understanding and appreciation of various communities and cultures.

By learning to make informed decisions about finances in physical education and wellness, students also develop an awareness of the important link between financial literacy and the well-being of individuals, groups, and communities.

The physical education and wellness curriculum provides solid foundations in active living, physical literacy, and personal and community well-being. As members of a diverse society, Alberta’s students will be better prepared, through their studies in physical education and wellness, to make informed decisions about their health and wellness, to value the importance of active living, and to contribute to the communities in which they live, work, and play.

***Note: The boldfaced and italicized outcomes in the Kindergarten to Grade 6 Physical Education and Wellness Curriculum contain topics related to human reproduction and puberty and parents reserve the right to exempt their children from this instruction.**