

## Healthy Active Living Education, Grade 10 Open

Grade	Topic	Expectations
<b>Strand: A. Active Living</b>		
10	<b>Active Participation</b>	A1.3 Demonstrate positive social behaviours and adherence to ethical and fair play standards that contribute to creating a rewarding and enjoyable environment for participation in physical activities (e.g., encourage others; show respect for others' points of view; listen attentively; show appreciation; encourage fair play; be inclusive; provide leadership by leading an in-class activity such as a warm-up or cool-down or suggesting ways to adapt an activity so that individuals with different physical or intellectual abilities can successfully participate).
<b>Strand: C. Healthy Living</b>		
10	<b>Understanding Health Concepts</b>	C1.1 Demonstrate an understanding of factors that enhance mental health and emotional and spiritual well-being.
		C1.2 Demonstrate an understanding of the impact of substance use and addictive behaviours on all aspects (e.g., physical, emotional, cognitive, spiritual, social, economic) of a person's health and well-being.
10	<b>Making Healthy Choices</b>	C2.3 Demonstrate the ability to analyse situations involving conflict within oneself (e.g., moral and ethical struggles, decision-making problems) or conflict with others (e.g., arguments, fights) and apply appropriate conflict resolution strategies (e.g., for conflict within oneself: meditation, journal writing, seeking counselling, talking with a trusted adult or friend; for conflict with others: applying de-escalation techniques such as using calming words or taking a break to defuse a tense situation, getting support to respond to dating violence, seeking help from a person in authority).
		C2.4 Demonstrate the ability (e.g., through role play, discussions, debates, analysis of hypothetical situations, case studies, scenarios) to apply adaptive, coping, and management skills (e.g., refusal, assertiveness, and persuasion skills; problem-solving and stress-management skills; time-management and organizational skills) to respond to challenging situations involving substance use, addictions, and related behaviours.
10	<b>Making Connections For Healthy Living</b>	C3.3 Identify public issues related to various addictions (e.g., alcohol, drugs, gambling, tobacco), and analyse their impacts and the connections between these impacts locally, nationally, and internationally.
		C3.4 Describe some common misconceptions about sexuality in our culture, and explain how these may cause harm to people and how they can be responded to critically and fairly.