



# Westmount School Council

PHYS. ED. & WELLNESS AND  
HEALTH

# Overview

Updates to Phys Ed. And Wellness  
Curriculum

Content covered in Grades 4 - 9

Current Policies and Procedures

Foothills School

Division/AB

Education

Resources

Questions

# Previous Health Curriculum in Elementary

- Wellness Choices
- Relationship Choices
- Life Learning Choices
- Human Sexuality

# PEW

- Phys. Ed. & Wellness is a comprehensive program of study that encompasses all aspects of student wellness through 8 dimensions of wellness:
  - Active Living
  - Movement Skills
  - Character Development
  - Safety
  - Healthy Eating
  - Relationships
  - Growth and Development
  - Financial Literacy

# Elementary G&D Outcomes

Grade 4-6

**Students explain how development and puberty are connected.**

**Students connect puberty to the capacity for human reproduction.**

**Students investigate human reproduction from fertilization to birth.**

# Grade 7 – G&D Outcomes

- *W-7.3 examine the human reproductive process, and recognize misunderstandings associated with sexual development*
- *W-7.12 identify the effects of social influences on sexuality and gender roles and equity; e.g., media, culture*
- *W-7.13 examine the influences on personal decision making for responsible sexual behaviour*
- *W-7.14 examine abstinence and decisions to postpone sexual activity as healthy choices*

# Grade 8 G&D Outcomes

- *W-8.3 recognize and accept that individuals experience different rates of physical, emotional, sexual and social development*
- *W-8.7 determine the signs, methods and consequences of various types of abuse; e.g., neglect, physical, emotional, sexual abuse*
- *W-8.12 identify and describe the responsibilities and consequences associated with involvement in a sexual relationship*
- *W-8.13 describe symptoms, effects, treatments and prevention for common sexually transmitted diseases; i.e., chlamydia, HPV, herpes, gonorrhea, hepatitis B/C, HIV*
- *W-8.14 identify and describe basic types of contraceptives; i.e., abstinence, condom, foam, birth control pills*

# Grade 9 G&D Outcomes

*W-9.3 apply coping strategies when experiencing different rates of physical, emotional, sexual and social development; e.g., positive self-talk*

*W-9.7 evaluate implications and consequences of sexual assault on a victim and those associated with that victim*

*W-9.12 determine "safer" sex practices; e.g., communicate with partner, maintain abstinence, limit partners, access/use condoms/ contraceptives properly*

*W-9.13 identify and describe the responsibilities and resources associated with pregnancy and parenting*

# Policy and Procedures

- Education Act and Administrative Procedures
  - Human sexuality education is mandated by the Human Sexuality Education Policy a
  - Section 58.1 Education Act
    - Where a parent makes a written request, a student shall be exempt, without academic penalty, from such instruction, course of study, educational program or use of instructional material.
    - AP 205 - Foothills School Division mirror document
    - Opt Out vs Opt In

# A Few Resources

- [https://arpdc.ab.ca/wp-content/uploads/2024/03/1a\\_PE\\_W-Curriculum-Overview-Slide.pdf](https://arpdc.ab.ca/wp-content/uploads/2024/03/1a_PE_W-Curriculum-Overview-Slide.pdf)
- <https://curriculum.learnalberta.ca/curriculum/en/s/pde>
- <https://www.alberta.ca/education-guide-policies#jumplinks-3>
- <https://education.alberta.ca/media/160196/health.pdf>