

Oasis Classroom Program - Kids' Growing City

Grade 4

Curriculum connections to "Seeds and Seedlings" Lesson

Health and Physical Education

	Expectation/Code	Expectation	OE	FS	
Social-Emo	SELS	apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade	1	NA	x
SELS: Ident	SELS	apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others	A1	0.1	x
SELS: Stress	SELS	apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience	A1	0.2	x
SELS: Posit	SELS	apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope	A1	0.3	x
SELS: Health	SELS	apply skills that help them build relationships, develop empathy, and communicate with others as they participate in learning experiences in health and physical education, in order to support healthy relationships, a sense of belonging, and respect for diversity	A1	0.4	
SELS: Self-A	SELS	apply skills that help them develop self-awareness and self-confidence as they participate in learning experiences in health and physical education, in order to support the development of a sense of identity and a sense of belonging	A1	0.5	x
SELS: Critic	SELS	apply skills that help them think critically and creatively as they participate in learning experiences in health and physical education, in order to support making connections, analysing, evaluating, problem solving, and decision making	A1	0.6	x

Active Living	AL	participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how physical activity can be incorporated into their daily lives	1	NA	x
Active Living	AL	demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;	2	NA	x
Active Living	AL	demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.	3	NA	x
AL: Active Living	ALAP	actively participate in a wide variety of program activities (e.g., lead-up and small-group games, recreational activities, cooperative games, fitness activities, dance activities), according to their capabilities, while applying behaviours that enhance their readiness and ability to take part	B1	0.1	x
AL: Active Living	ALAP	demonstrate an understanding of factors that contribute to their personal enjoyment of being active	B1	0.2	x
AL: Active Living	ALAP	identify factors that motivate participation in physical activity every day at school, at home, or in their communities	B1	0.3	x
AL: Physical Activity	ALPF	participate in moderate to vigorous physical activity, with appropriate warm-up and cool-down activities, to the best of their ability for a minimum of twenty minutes each day	B2	0.1	x
AL: Physical Activity	ALPF	identify how different physical activities affect the body and contribute to physical fitness and good physical and mental health	B2	0.2	x
AL: Physical Activity	ALPF	assess their level of exertion during physical activity, using simple self-assessment techniques (e.g., taking pulse rates before, during, and after taking part in physical activities; checking how they feel during physical activity), and explain how intrinsic and extrinsic factors affect the exertion required to perform physical activities	B2	0.3	x
AL: Physical Activity	ALPF	develop and act on personal fitness goals based on their interests, self-assessments, and feelings when participating in physical activity	B2	0.4	x
AL: Safety	ALS	demonstrate behaviours and apply procedures that maximize safety and lessen the risk of injury, including the risk of concussion, for themselves and others during physical activity	B3	0.1	x
AL: Safety	ALS	describe common precautions for preventing accidents and injuries, including concussions, while participating in different types of physical activity	B3	0.2	x

Movement	MCSCS	perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities	C1	NA	x
Movement	MCSCS	apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities	C2	NA	x
Movement	MCSCS	perform a variety of controlled static balances and transitions between balances, using a variety of body parts and shapes, at different levels, individually, and with partners and equipment	C1	0.1	x
Movement	MCSCS	demonstrate the ability to jump and land, in control, from a low height	C1	0.2	
Movement	MCSCS	perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways, and going in different directions	C1	0.3	x
Movement	MCSCS	send and receive objects of a variety of shapes and sizes at different levels and speeds, using different body parts and equipment, while applying basic principles of movement	C1	0.4	x
Movement	MCSCS	retain objects of various shapes and sizes in different ways, using different body parts, with and without equipment, while moving around others and equipment	C1	0.5	x
Movement	MCMS	demonstrate an understanding of the basic components of physical activities	C2	0.1	
Movement	MCMS	identify common features of specific categories of physical activities (e.g., individual, target, net/wall, striking/fielding, territory), and identify common strategies and tactics that they found effective while participating in a variety of physical activities in different categories	C2	0.2	x
Movement	MCMS	apply a variety of tactical solutions to increase their chances of success as they participate in physical activities	C2	0.3	x
Healthy Living	HL:UHC	demonstrate an understanding of factors that contribute to healthy development	D1	NA	x
Healthy Living: Making Healthy Choices	HL:MHC	demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being	D2	NA	x

Healthy Living	HL:MCHL	demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others’ health and well-being.	D3	NA	x
Healthy Living	HL:UHC	identify the key nutrients (e.g., fat, carbohydrates, protein, vitamins, minerals) provided by foods and beverages, and describe their importance for growth, mental and physical health, learning, and physical performance	D1	0.1	x
Healthy Living: MHC	HL:MHC	identify personal eating habits through self-monitoring over time, and set a goal for developing healthier eating habits, on the basis of the recommendations and guidelines in Canada’s Food Guides	D2	0.1	
Healthy Living: MHC	HL:MHC	apply a decision-making process to assess risks and make safe decisions in a variety of situations	D2	0.2	
Healthy Living: MHC	HL:MHC	demonstrate an understanding of how choices they make every day can have a positive impact on their mental health	D2	0.3	
Healthy Living	HL:MCHL	identify ways of promoting healthier eating habits in a variety of settings and situations	D3	0.1	
Healthy Living	HL:MCHL	demonstrate an understanding of different strategies they can use to manage stress in situations in which they have some control (e.g., peer relationships, maintaining life balance), as well as to adapt to challenging situations over which they have less immediate influence	D3	0.2	x