



Welcome to our Curriculum Corner!

This month's update is focused on Physical Education & Wellness and ways you can connect at home.

All students in Alberta are learning the following updated curricula this year:

- Kindergarten to Grade 3 English Language Arts & Literature (ELAL)
- Kindergarten to Grade 3 Mathematics
- Kindergarten to Grade 6 PE and Wellness

As well, most teachers in GPPSD are optionally implementing Grade 4 to 6 ELAL and Math and or piloting Kindergarten to Grade 6 Science.



What is Physical Education & Wellness?

This curriculum focuses on active living, physical literacy, and personal and community well being.

Physical Education was traditionally taught as a separate subject. Today, it promotes the development of the whole student, including physical, social, emotional, environmental, financial, intellectual and occupational wellness.

Alberta Education defines Physical Education and Wellness as empowering learners to positively engage with their peers and community with a healthy mind, body and spirit.



As students progress through the school system, there is a strong focus on developing active living, personal and community well-being and positive contributions to the community in which they live.

Healthy students make better learners. Attention to good nutrition, regular physical activity and a focus on developing social skills benefit a child's overall learning success. Just like literacy and numeracy, what your child learns about health and wellness at school must be practiced at home.

What This Means for Your Child

Here are some general tips that align with the curriculum for you to continue supporting your child's physical and personal wellness:

- Consider extra curricular activities to help them stay active.
- Limit time spent in front of a screen.
- Encourage nutritious snacks.
- Make physical activities part of your family's daily routine.



- Explore saving and spending budgets.
- Go to places like neighbourhood playgrounds, parks, and basketball courts.
- Hiking, skating, walking, swimming, biking
- Keep a gratitude journal.
- Scavenger hunts with friends.
- Geocaching (global treasure hunts).
- Play games such as board games, tag, hopscotch, and cards.
- Playing catch with various types, sizes and weights of balls using overhand & underhand throwing.
- Exploring city parks and walking trails.
- Learning how to tie and untie various useful knots, such as those used for shoes, camping or boats.

Physical Education and Wellness curriculum uses a comprehensive, strengths-based focus that is intended to develop the whole individual and nurtures students in pursuing a healthy and active life.

If you want to learn more about Curriculum Content and Implementation plans:

- Speak with your teacher or your school Administrators.
- Visit: [K to 6 curriculum renewal | Alberta.ca](https://www.alberta.ca/k-to-6-curriculum-renewal.aspx)

Watch for next month's issue on *Curriculum Next Steps for Grades 4-6*.