

## Our Language, Our Story: Curriculum Connections

**Division: Primary**

**Subject: Health & Physical Education**

**Strand: Active Participation**

### Overall Expectations

Grade 1	Grade 2	Grade 3
<p>By the end of Grade 1, students will:</p> <ul style="list-style-type: none"> <li>• participate on a regular basis in physical activities that maintain or improve physical fitness (e.g., games, gymnastics, dance, fitness activities, outdoor pursuits)</li> <li>• recognize the importance of being physically active</li> <li>• acquire living skills (e.g., basic problem-solving, decision-making, goal-setting, and interpersonal skills) through physical activities (e.g., games, gymnastics, dance, outdoor pursuits)</li> <li>• follow safety procedures related to physical activity, equipment, and facilities</li> </ul>	<p>By the end of Grade 2, students will:</p> <ul style="list-style-type: none"> <li>• participate on a regular basis in physical activities that maintain or improve physical fitness (e.g., games, gymnastics, dance)</li> <li>• recognize the personal benefits of being physically active</li> <li>• acquire living skills (e.g., basic problem-solving, decision-making, goal-setting, and interpersonal skills) through physical activities (e.g., games, gymnastics, dance, outdoor pursuits)</li> <li>• follow safety procedures related to physical activity, equipment, and facilities</li> </ul>	<p>By the end of Grade 3, students will:</p> <ul style="list-style-type: none"> <li>• participate on a regular basis in physical activities that maintain or improve physical fitness (e.g., skipping to music)</li> <li>• recognize the personal benefits of being physically active</li> <li>• acquire living skills (e.g., basic problem-solving, decision-making, goal-setting, and interpersonal skills) through physical activities (e.g., games, gymnastics, dance, outdoor pursuits)</li> <li>• follow safety procedures related to physical activity, equipment, and facilities</li> </ul>

### Virtues and Themes: Possible Connections

<p><b>Theological Virtue: Love</b> The theological virtue of love enables us to love God above all things and to love others as God loves them. Love is visible in our Catholic schools wherever the kindness, service and self-giving of Jesus are found.</p>	<p>The virtue of love can be practiced as students participate in physical activities, help one another acquire living skills and help each other follow safety procedures. They can learn to treat one another with kindness and self-giving as they work together to develop problem solving, goal setting and interpersonal skills. By cultivating these skills they show their love of God by being all that they can be. They show their love of neighbour by applying these skills in service to others. Love learned this way carries over into all areas of life.</p>
<p><b>Cardinal Virtue: Temperance</b> The cardinal virtue of temperance involves balance in living responsibly. It is visible in our Catholic schools whenever moderation, chastity, balance, self-control and humble attitudes are practiced.</p>	<p>Practicing temperance involves looking after our physical needs and safety, and making good decisions with regard to living skills. Moderation and balance in these areas leaves room for the development of all other aspects of our personhood: the spiritual, intellectual, emotional and social. Living life to the fullest requires that we practice temperance.</p>
<p><b>Catholic Character Theme: Stewardship</b> Stewardship is about caring for the gifts God has entrusted to us. We are called to be good stewards of our talents, our bodies, our souls, our communities and of God's creation.</p>	<p>All of us are called to practice stewardship with the gift of ourselves. This means practicing skills that help us to live a safe, healthy and active lifestyle. Stewardship practiced by putting these skills to work on a daily basis glorifies God as the Giver of all that we have and are.</p>
<p><b>Catholic Character Theme: Discipleship</b> Discipleship is about following Jesus and striving to live his Gospel. We find discipleship wherever we see the Kingdom's love, justice, friendship and prayer in our Catholic schools.</p>	<p>As we learn new movement skills, we find new ways to be with one another in play and recreation. This gives us new opportunities to live the Gospel of Jesus as His disciples – through fair play, kindness, inclusion, and patiently helping others who need assistance with skill development.</p>

## Support Resources:

### *Journey Activities*

Grade 1	Grade 2	Grade 3
N/A	N/A	N/A

### **Curriculum Frameworks**

<http://www.eoccc.org/onlinefw/onlineframeworks.html>

<p><b>Grade 1</b>            Framework 1. Theme: Community and the Common Good            Framework 2. Theme: Peace            Framework 3. Theme: Mystery, Wonder &amp; Awe            Framework 4. Theme: Stewardship for Creation            Framework 5. Theme: Love &amp; Justice            Framework 6. Theme: Hope</p>	<p><b>Grade 1/2</b>            Framework 1. Theme: Community and the Common Good            Framework 3. Theme: Mystery, Wonder &amp; Awe            Framework 4. Theme: Stewardship for Creation            Framework 5. Theme: Love &amp; Justice            Framework 6. Theme: Hope</p>
<p><b>Grade 2</b>            Framework 1. Theme: Community and the Common Good            Framework 2. Theme: Peace            Framework 3. Theme: Mystery, Wonder &amp; Awe            Framework 4. Theme: Stewardship for Creation            Framework 5. Theme: Love &amp; Justice            Framework 6. Theme: Hope</p>	<p><b>Grade 2/3</b>            Framework 1. Theme: Community and the Common Good            Framework 2. Theme: Peace            Framework 3. Theme: Mystery, Wonder &amp; Awe            Framework 4. Theme: Stewardship for Creation            Framework 5. Theme: Love &amp; Justice            Framework 6. Theme: Hope</p>
<p><b>Grade 3</b>            Framework 1. Theme: Community and the Common Good            Framework 2. Theme: Peace            Framework 3. Theme: Mystery, Wonder &amp; Awe            Framework 4. Theme: Stewardship for Creation            Framework 5. Theme: Love &amp; Justice            Framework 6. Theme: Hope</p>	<p><b>Grade 3/4</b>            Framework 2. Theme: Peace            Framework 3. Theme: Mystery, Wonder &amp; Awe            Framework 4. Theme: Stewardship for Creation            Framework 6. Theme: Hope</p>

### **Curriculum Support for Catholic Schools**

<http://www.eoccc.org/csfc>

<p><b>Catholic Theme: <i>Love and Justice</i></b>  <a href="http://www.eoccc.org/csfc/themes/lovejustice.html">http://www.eoccc.org/csfc/themes/lovejustice.html</a>  <b>Anchor Concept: <i>Community</i></b>  <a href="http://www.eoccc.org/csfc/concepts/acommunity.html">http://www.eoccc.org/csfc/concepts/acommunity.html</a>  <b>Anchor Concept: <i>Lifestyle</i></b>  <a href="http://www.eoccc.org/csfc/concepts/alifestyle.html">http://www.eoccc.org/csfc/concepts/alifestyle.html</a></p>	<p><b>Catholic Theme: <i>Stewardship for Creation</i></b>  <a href="http://www.eoccc.org/csfc/themes/creation.html">http://www.eoccc.org/csfc/themes/creation.html</a>  <b>Anchor Concept: <i>Stewardship</i></b>  <a href="http://www.eoccc.org/csfc/concepts/astewardship.html">http://www.eoccc.org/csfc/concepts/astewardship.html</a>  <b>Anchor Concept: <i>Vocation</i></b>  <a href="http://www.eoccc.org/csfc/concepts/avocation.html">http://www.eoccc.org/csfc/concepts/avocation.html</a></p>
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