

# Canada – Ontario

Health and Physical Education Grade 7 Curriculum Mapping	
Strand A – Social – emotional Learning	
Identification and management of emotions	A1.1 - 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
Stress Management and Coping	A1.2 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
Positive Motivation and Perseverance	A1.3 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
Healthy Relationships	A1.4 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
Self-Awareness and Sense of Identity	A1.5 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
Critical and Creative Thinking	A1.6 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

<b>Strand B – Active Participation</b>	
Active Participation	B1.1 actively participate in a wide variety of program activities, according to their capabilities B1.2 demonstrate an understanding of factors that contribute to their personal enjoyment of being active
<b>Strand C – Movement Strategies</b>	
Movement Strategies	C2.1 demonstrate in understanding of the components of a range of physical activities C2.3 apply a variety of tactical solutions to increase chances of success as they participate in physical activities
<b>Strand D - Making Healthy Choices</b>	
Mental Health Literacy	D2.4 demonstrate an understanding of how incorporating healthy habits and coping strategies into daily routines (e.g., starting the day with physical activity, limiting screen time before going to bed, using tools such as online apps to support mindful practices, using deep breathing and grounding strategies, engaging in activities that involve positive social interaction and supporting others) can help maintain mental health and resilience in times of stress.