

Canada Matters: Health Planner Scope & Sequence

2017–2018

The CANADA MATTERS: HEALTH planners were created to help students develop positive habits that contribute to healthier lifestyles.

This Scope & Sequence chart provides an overview of the monthly themes as they are presented in the student planners. Included each month are interesting health facts, self-assessments, quizzes, and decision-making activities to help students gain a deeper understanding of their personal health. In addition, there are daily opportunities for students to track and evaluate their health habits.

MONTH	THEME	GOAL-SETTING CONNECTION	WEEKLY CONTENT	LEARNING OUTCOME
AUG.	Health	Describe good health	Types of health Healthy choices Health and abilities Ways to support health Health knowledge	Identify the elements of good health and explain the importance of maintaining it.
SEP.	Personal Health Goals	Make healthy lifestyle choices	Your planner and health goals Goal steps How to track health goals Support systems	Use the Canada Matters: Health planner to identify and track personal health goals.
OCT.	Physical Activity	Participate in daily physical activity	Physical Activity Guidelines Risks of sedentary lifestyles Benefits of physical activity Mental health and physical activity	Demonstrate awareness of the importance of physical activity and compare behaviour to established guidelines.
NOV.	Nutrition	Make healthy food choices	Food as fuel Whole foods vs. empty foods Food groups Canada's food guide Hydration	Describe the benefits of healthy food choices and identify student's own best practices.
DEC.	Sleep	Form healthy sleep habits	Sleep and the brain Sleep deprivation Sleep requirements Bedtime routines	Recognize the importance of sleep and define healthy sleep habits.

MONTH	THEME	GOAL-SETTING CONNECTION	WEEKLY CONTENT	LEARNING OUTCOME
JAN.	Winter Health	Apply winter-safety guidelines	Weather-appropriate clothing Cold safety Limited sun exposure How to fight the winter blues	Demonstrate familiarity with winter risks by describing ways to stay safe and healthy in cold weather.
FEB.	Germs	Adopt practices to avoid germs	Hand washing The spread of germs Disease prevention Personal hygiene	Explain the risks of contracting germs and identify ways to avoid them.
MAR.	Stress	Cope with stress	Stress triggers How stress affects the body Stress busters Positive thoughts The benefits of laughter	Create a personal strategy for coping with stress that demonstrates awareness of how stress affects the body.
APR.	Safety	Identify safety practices	Injury prevention Safety equipment Community safety Responses to unsafe situations	Identify environmental factors that represent risks within their healthy lifestyles and describe their own safety practices.
MAY	Healthy Relationships	Promote healthy relationships	Support networks How to ask for help Teacher support How to ask questions Know the difference between healthy and unhealthy relationships	Define the qualities of healthy relationships and differentiate them from unhealthy relationships.
JUNE	Screen Time	Be sensible with screen time	Screen time guidelines Technology and fitness Healthy online relationships Cyberbullying	Describe healthy practices surrounding screen time and Internet use, and identify ways to apply technology to fitness.