



Welcome to our Curriculum Corner!

This month's update is focused on the Physical Education, Wellness and Financial Literacy curriculum.

All students in Alberta are experiencing these revised curricula:

- 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 and Wellness?

Physical education and wellness inspire healthy and active living. This subject combines physical, health, and wellness education, which fosters a healthy school community. New to this curriculum is financial literacy.

While respecting the diversity of each individual's strengths, talents, and goals, physical education and wellness aims to allow all learners to engage positively with their peers and community.

In physical education and wellness, students learn to make informed decisions about:

- active living
- personal health and development
- healthy relationships
- financial literacy
- movement skill development
- growth and development
- safety
- nutrition
- mental health



Physical Education

Physical education develops movement skills and concepts with an appreciation for active living that is valued and combined into daily life. During physical education, students have learning experiences to develop personal, social skills and behaviours as they interact within various indoor and outdoor environments.

Wellness

Wellness education supports social-emotional well-being, fosters positive mental health, and enables students to understand themselves and how they contribute to community well-being.

Financial Literacy - ****New****

Financial literacy is understanding and using various financial skills, including personal financial management, budgeting, and investing. Students develop an awareness of financial literacy by learning to make informed decisions and recognize the link between finances and the well-being of individuals, groups, and communities.



What This Means for Your Child

Through this new curriculum, your child will learn:

- To move safely during various levels and exertion of physical activities.
- Examine factors influencing motivation and planning for active living to lead a healthy life.
- To explore and make decisions in food selections that help the body grow.
- To develop personal boundaries and communicate using words and actions.
- Practice words and actions that support friendship.
- Reflect on how personal relationships are maintained or strengthened by sharing the responsibility of finding appropriate solutions to problems using listening and communication skills.
- Individuals have the right to live in healthy, safe, and bully-free environments.
- Healthy relationships require consideration of different opinions, thoughts, feelings, beliefs, and needs.
- To explore the value and purpose of Canadian coins and bills.
- Money decisions include responsible ways to spend, save, and share.
- Examine factors that influence consumer choice.
- Analyze the risks and benefits of borrowing money in a variety of situations.

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 Mathematics - ways to connect at home.

