

## VISION, GOALS, PHYSICAL AND HEALTH LITERACY

The **vision** of the revised Health and Physical Education curriculum is that students will be physically and health literate and have the comprehension, commitment and capacity to lead and promote a healthy active life in an ever-changing, global society. Health and physical education teachers have the opportunity to help students develop critical living skills that will make a long-lasting impact on students' lives.

In health and physical education, students will develop:

- the living skills needed to develop resiliency, a sense of self, developing their identity, building self confidence; learn how to interact positively with others and learn to apply critical and creative thinking processes;
- the skills and knowledge needed to enjoy being active and healthy throughout their lives by participating regularly and safely in physical activity and learning how to develop and improve their own personal fitness;
- the personal movement competence needed to participate in physical activities through the development of movement skills, applying movement concepts and movement strategies; and
- an understanding of the factors that contribute to healthy development, a personal responsibility for lifelong health and a respect for their own health in relation to others and the world around them.

Through the Health and Physical Education curriculum, students will develop the physical literacy and health literacy needed to lead healthy active lives. This holistic viewpoint considers what the whole child needs to be healthy and be able to take care of themselves and others in an ever-changing world.

### **Physical Literacy**

Individuals who are physically literate move with competence in a wide variety of physical activities that benefit the development of the whole person.

Physically literate individuals continually develop the motivation and ability to understand, apply, and analyze different forms of movement. They are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities. These abilities enable individuals to make healthy, active choices throughout their life span that are both beneficial to and respectful of themselves and others.

*(Mandigo, Francis, Lodewyk, and Lopez, 2009)*

### **Health Literacy**

Health literacy involves the skills needed to get, understand and use information to make good decisions for health. The Canadian Public Health Association's Expert Panel on Health Literacy defines it as the ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across the life-course.

*Source: A Vision for a Health Literate Canada: Report of the Expert Panel on Health Literacy. (Canadian Public Health Association, 2008)*

*(Excerpted from the 'introductory' material of the revised Secondary Health and Physical Education curriculum document)*