



Health and Physical Education Curriculum and The Catholic Graduate Expectations



	Expectations for Students	Curriculum Strands and Fundamental Principles	Healthy Living Personal Safety	Healthy Living Human Development and Sexual Health
 <p>Health and Physical Education</p>	<p>Living skills needed for resilience and secure identity and sense of self, through learning management, coping and adaptive skills, communication skills, building relationships and interacting positively with others, and learning how to use creative and critical thinking processes.</p> <p>Enjoyment of being healthy and happy throughout their lives and learn how to develop and improve their own personal fitness</p>	<p>HPE most effective when delivered in healthy schools where staff, families and communities support student learning.</p> <p>Learning by ‘doing’ physical activity, discover the joy of movement, learn about their bodies and develop physical and cognitive skills that contribute to life-long health and well being.</p> <p>Physical and emotional safety is necessary for effective learning in HPE. Learning is balanced, integrated and connected to real life.</p>	<p>Personal Safety and Injury Prevention includes: Making Healthy Choices - safe and positive social interaction, conflict management; Making Connections for Healthy Living – Responsibilities, risks – care for self and others, safety practices.</p> <p>Substance Use, Addictions and Related Behaviours: Making healthy choices – strategies for safe choices and influences, tobacco, alcohol, cannabis.</p>	<p>Making Healthy Choices: Understanding of puberty, healthy relationships and decision making in relationships; Making connections for healthy living with a focus on stereotypes and assumptions and the impacts and strategies for responding.</p>
 <p>Family Life Education</p>	<p>An appreciation of God’s love for them and the love they receive from their family members, friends and others.</p> <p>The skills needed to express themselves to their parents, other family members, friends and trusted adults.</p>	<p>Foundation of the curriculum is that we are created and loved by God with a focus on what it means to be human.</p> <p>Human existence is lived out with others with a focus on the significant relationships of family and friendship.</p> <p>To be human is to be sexual and education in sexuality is education in the whole person.</p> <p>To be human is to be a member of society with responsibilities.</p>	<p>Living in Relationship with a focus on human existence lived out with others and in particular the relationships of family and friends; The extent that we are life-giving in our daily interactions, we are living out the vocation to love; The ways that human relationships shape human identity.</p> <p>Growing in Commitment with a focus on students seeing themselves as agents in the process of their growth toward commitment and maturity.</p> <p>Living in the World with a focus on the interdependence of all people.</p>	<p>Created Sexual – Male and Female: To be human is to be sexual; Education in sexuality is education in the whole person; Human love encompasses the body in its maleness and femaleness; The importance of modesty and chastity.</p>
<p>Graduate Expectations</p>	<p>A Discerning Believer Formed in the Catholic Faith Community Who: Develops attitudes and values founded in Catholic social teaching and acts to promote social responsibility, human solidarity and the common good.</p> <p>An Effective Communicator Who: Listens actively and critically to understand in light of gospel values c. Presents information and ideas clearly, honestly and with sensitivity to others</p> <p>A Self-directed, Responsible, Lifelong Learner Who: Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others.</p>	<p>A Responsible Citizen Who: Promotes the sacredness of life; Contributes to the common good.</p> <p>A Caring Family Member Who: Recognizes human intimacy And sexuality as God-given gifts, to be used as the creator intended.</p> <p>A Self -Directed, Responsible Lifelong Learner Who: Participates in leisure and fitness activities for a balanced and healthy lifestyle.</p> <p>A Collaborative Contributor Who: Respects the rights, responsibilities and contributions of self and others.</p>	<p>A Reflective, Creative and Holistic Thinker Who: Thinks reflectively and creatively to evaluate situations and solve problems and makes decisions in light of gospel values with an informed moral conscience; Examines, evaluates and applies knowledge of interdependent systems for the development of a just and compassionate society.</p> <p>A Self-Directed, Responsible, Lifelong Learner Who: Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others.</p>	<p>A Discerning Believer Formed in the Catholic Faith Community Who: Speaks the language of life ”recognizing that life is unearned gift and that a person entrusted with life does not own it but that one is called to protect and cherish it; Recognizes that “sin, human weakness, conflict and forgiveness are part of the human journey’ and that the cross, the ultimate sign of forgiveness is at the heart of redemption.</p> <p>A Self-Directed, Responsible, Lifelong Learner Who: examines and reflects on one’s personal values, abilities and aspirations influencing life’s choices and opportunities.</p>

The Foundations of our Catholic School Curriculum



Church Teaching	Fulfilling The Promise	This Moment Of Promise	Curriculum Matters
<p>“The ministers of the gospel must be people who can warm the hearts of the people, who can walk through the darkness with them, who know how to dialogue and to descend themselves into their people’s night, into the darkness, but without getting lost”. (Pope Francis)</p>	<p>“There are great challenges to the living out of this vision in the changing circumstances of our times. We live in a post-Christian culture; conflicting understandings of what it means to be human, and of the purpose and ultimate end of life mark our era. None of us is immune to the effects of individualism, materialism, relativism, and secular humanism.”</p>	<p>“ In a time when there is little reverence for the image of God in the human person, we are summoned to care for human life with an ultimate respect.”</p> <p>“In a time which often seems to be without goals or ennobling aspirations, we are challenged to declare ours and to dedicate our lives to their achievement.”</p>	<p>“ A basic human value that permeates the structure of and function of every Catholic school is that life is not merely about survival, it is about being fully alive. We can only be fully alive when we live to our full human potential, and, as Catholics, we believe that this can only happen when we accept the invitation to follow Jesus Christ.”</p>
<p>“I must make an effort to be a person with a conscience. I do not stifle this conscience, and I do not deform it; I call good and evil by name, and do not blur the difference. I develop in myself what is good, and I seek to correct what is evil, by overcoming it in myself.” (Pope John Paul II).</p>	<p>“Beyond the broad social and cultural influences that are often in conflict with our beliefs, there are varying levels of faith development and commitment within our Catholic community. Also, each one of us experiences limitations and the effects of human weakness, for which we are ever in search of God’s loving mercy and grace.”</p>	<p>“ Our students cannot do this alone. We cannot do this alone. We all need to be members of a community, which encourages each person in the difficult task of living according to faith values, which are often at odds with the prevailing values of society. Within a society, which is increasingly secular, there is more need than ever before for an educational community, which stakes its existence on the infinite promise which Jesus Christ, has offered through His death and resurrection. He came that we might have life and have it more abundantly.”</p>	<p>“The central element in the Christian understanding of the human person is that we are all created in the image and likeness of God, and are, thus, essentially more good than evil.”</p> <p>“Catholic schools are privileged places where students can develop a strong sense of their human dignity and freedom in relationship to God.”</p>
<p>en should be so educated that as adults they can follow their vocation, including a religious one, with a mature sense of responsibility and can choose their state of life; if they marry, they can thereby establish their family in favourable moral, social and economic conditions. (Vatican II)</p>	<p>“Above all, in response to the confusion and contradictions of modern culture, we must not insulate our faith from the real world, confining our God to an hour on Sunday or to personal piety. To do so would be unfaithful to ourselves and to our vision of Catholic education. This vision invites each one of us to work together as a community of believers committed to putting the values of our faith into practice in the daily life of the school, the home, and in all of society.”</p>	<p>“A Catholic School must be a place where all knowledge and relationships are transformed by questions of meaning, by the quest for meaning. We must have a profound respect for what is all too often repressed in this culture – that quiet voice which expresses the infinite desire of each person for God. We must ‘grasp firmly the challenge of providing a kind of education whose curriculum will be inspired more by reflection than by technique, more by a search for wisdom than by the accumulation of information.’” (Pope John Paul II)</p>	<p>“In Catholic schools there is strong emphasis placed on the communal nature of human existence. This is based on the fundamental principle that we find our true identity only in the structure of our relationships with others. We are created for each other, in order to love and to serve one another.”</p> <p>“Catholic schools must be places where students can hear Jesus’ invitation to follow him, where they can receive his command to love all people, and where they can realize his presence and his promise to be with them always. Only in this way can they be nurtured and encouraged to become who they are meant to be” persons of dignity and freedom, created in the image and likeness of God as modelled in Jesus Christ.”</p>