

IRP	Grade	Selected PLOs related to Sustainability & the Environment	Complexity	Aesthetics	Responsibility	Ethics
HEALTH & CAREER EDUCATION K - 7 (2006)	K	• identify opportunities to make choices	C	A	R	E
		• identify practices that contribute to health, including healthy eating, regular physical activity, emotional health practices, and disease prevention practices	C			
	1	• identify reasons for setting goals (e.g., helps to identify steps, helps to focus on achievement, helps to identify personal accomplishments)	C	A	R	E
		• describe a variety of jobs and responsibilities they have at home and at school			R	E
		• identify practices that contribute to health, including healthy eating, regular physical activity, and emotional health practices	C			
	2	• identify opportunities to make decisions	C	A	R	E
		• identify the steps needed to achieve a goal (e.g., identify a goal, identify actions needed to reach the goal, identify what successful goal achievement would look like)	C	A	R	E
		• describe ways of categorizing jobs (e.g., indoor/outdoor, paid/unpaid, necessary skills)	C			
		• describe practices that contribute to physical and emotional health (e.g., regular physical activity, healthy eating, healthy relationships)	C			
	3	• apply a goal-setting model to a short-term goal	C	A	R	E
		• describe practices that contribute to physical and emotional health	C			
		• describe the importance of healthy eating and regular physical activity for a healthy lifestyle	C	A		
	4	• identify the steps in a decision-making model (e.g., identifying the decision, listing alternatives, selecting a course of action, assessing the results)	C	A	R	E
		• create an inventory of their own attributes, including skills, interests, and accomplishments	C	A		
		• describe the choices an individual can make to attain and maintain physical and emotional health	C	A	R	E
	5	• describe how various factors (e.g., access to accurate and relevant information, media and social influences) affect decision making	C	A	R	E
		• identify types of work that interest them	C	A		
		• describe strategies for contributing to a healthy, balanced lifestyle, including healthy eating, integrating regular physical activity, and maintaining emotional health	C	A		
		• identify factors that influence attitudes and decisions regarding healthy lifestyles (e.g., family, peer, media)	C	A	R	E
		• analyse behaviours that contribute to a safe and caring school environment (e.g., taking responsibility for personal actions, supporting others, promoting respect for diversity)	C	A	R	E

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HEALTH & CAREER EDUCATION K - 7 (2006)	6	• describe planning techniques that can help to support goal attainment (e.g., time management, setting priorities, considering costs and resources)	C			
		• identify influences on goal setting and decision making, including family, peer, and media influences			R	E
		• describe transferable skills that are developed through school and recreational activities (e.g., teamwork, organization, creativity)	C	A		
		• relate personal attributes to various types of work	C	A		
		• describe the benefits of attaining and maintaining a balanced, healthy lifestyle	C			
		• assess the influence that peers have on individuals' attitudes and behaviour			R	E
	7	• demonstrate an ability to apply a decision-making model to a specific situation	C	A	R	E
		• design a plan to achieve a specific goal	C	A	R	E
		• classify jobs according to career clusters (e.g., by type of industry, type of work, personal interests)	C	A		
		• identify skills that are transferable to a range of school and recreational situations (e.g., time management, teamwork, problem solving, communication, adaptability)	C	A		
		• analyse factors (including media and peer) that influence personal health decisions			R	E