

## Parent Fact Sheet

### The Ontario Curriculum Grades 1-8: Health and Physical Education Interim Edition Re-issued 2018

#### Overview

- Boards were directed that beginning in September 2018, and until a revised curriculum is issued, all Health and Physical Education programs for Grades 1 to 8 will be developed from the expectations outlined in the 2010 curriculum document that was last taught in 2014
- The Ministry re-issued the 2010 Health and Physical Education curriculum document for Grades 1 to 8 as an interim edition
- There are no changes to the secondary curriculum. Secondary teachers will continue to teach the 2015 Ontario Curriculum Health and Physical Education Grades 9-12
- The interim curriculum document can be read in its entirety by clicking on this link: [Interim Curriculum](#)
- Durham District School Board has created a guide to the Ontario Curriculum Grades 1-8 Ontario Health and Physical Education Interim Edition - click on this link to view the guide: [DDSB Guide](#)

In both the 2010 and 2015 Health and Physical Education curriculum, there are four main sections for each Grade, and they are listed below.

<b>Living Skills</b>	Understanding themselves, communicating and interacting positively with others and learning to think critically and solve problems
<b>Active Living</b>	Active participation, physical fitness and safety
<b>Movement Competence</b>	Skills for moving properly and with confidence
<b>Healthy Living</b>	Learning about health, making healthy choices and understanding the connections to everyday life - the Healthy Living section comprises approximately 10% of the curriculum

#### Keeping Our Students Safe

- DDSB remains fully committed to the safety, health, and well-being of our students – the safety of our students, now and in the future, is our top priority
- As mandated under the Safe Accepting Schools legislation, as well as the Ontario Human Rights Code, to create inclusive environments for students, we must meet and maintain certain standards and responsibilities to students
- The DDSB is committed to working with parents and the community to ensure our schools continue to meet the needs of all students

#### Parent Inquiries

- Any parents or guardians wishing to contribute comments, will have the opportunity to share their input with the government during the consultation process
- To access the consultation website, please click on this link: [Consultation: Education in Ontario](#) - the closing date is December 15, 2018
- If you have any questions about the content of the curriculum, please contact the Ministry of Education at 416 325-6870

#### Resolving Concerns About What Is Being Taught

- At DDSB we strongly feel that the best way for parents/guardians to resolve complaints or concerns is through discussions with the teacher and/or the principal, as you would do with any other school-related concern
- Establishing and maintaining communication between the school and parents is the most direct and beneficial route to support students' education

## What do the changes look like?

Grade	2015 Human Development and Sexual Health	2018 Interim Growth and Development	What topics are not being taught in this Grade
1	<ul style="list-style-type: none"> <li>• Body parts</li> <li>• Senses and functions</li> <li>• Hygienic procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Life cycles of plants and animals, including humans</li> <li>• Factors affecting growth</li> <li>• Body parts</li> </ul>	<ul style="list-style-type: none"> <li>• Senses and function (now in Grade 2)</li> <li>• Hygienic procedures (now in Grade 2)</li> </ul>
2	<ul style="list-style-type: none"> <li>• Stages of development</li> <li>• Oral health</li> </ul>	<ul style="list-style-type: none"> <li>• Similarities and differences between themselves and others</li> <li>• Germ transmission and personal hygiene</li> <li>• Senses and function</li> </ul>	<ul style="list-style-type: none"> <li>• Stages of development (now in Grade 4)</li> </ul>
3	<ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Physical and emotional development</li> <li>• Visible, invisible difference, and respect</li> </ul>	<ul style="list-style-type: none"> <li>• Reproductive processes</li> <li>• Changes in growth and development from birth to childhood</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy relationships (now in Grade 4)</li> <li>• Emotional development (now in Grade 4)</li> <li>• Visible and invisible differences and respect (not specifically covered)</li> </ul>
4	<ul style="list-style-type: none"> <li>• Puberty – changes (emotional, social impact)</li> <li>• Puberty – personal hygiene and care</li> </ul>	<ul style="list-style-type: none"> <li>• Stages of development and changes within these stages – physical, interpersonal, emotional</li> <li>• Healthy relationships</li> <li>• Relationships - challenges and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Puberty – changes and personal hygiene (now in Grade 5)</li> <li>• Puberty – emotional and social impact (not specifically covered)</li> </ul>
5	<ul style="list-style-type: none"> <li>• Reproductive system</li> <li>• Menstruation, spermatogenesis</li> <li>• Emotional, interpersonal stresses - puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Dealing with stress and pressure from relationships</li> <li>• Factors affecting healthy relationships</li> <li>• Puberty – secondary physical changes</li> <li>• Menstruation and spermatogenesis</li> <li>• Puberty – personal hygiene care</li> </ul>	<ul style="list-style-type: none"> <li>• Reproductive system (now in Grades 6 and 7)</li> </ul>
6	<ul style="list-style-type: none"> <li>• Development of self-concept</li> <li>• Understanding of puberty changes</li> <li>• Understanding of healthy relationships</li> <li>• Decision making in relationships</li> <li>• Stereotypes and assumptions – impacts and strategies for responding</li> </ul>	<ul style="list-style-type: none"> <li>• Puberty – reproductive organs and function</li> <li>• Problem-solving/decision-making process</li> </ul>	<ul style="list-style-type: none"> <li>• Development of self-concept (not specifically covered)</li> <li>• Puberty changes (now in Grade 5)</li> <li>• Stereotypes and assumptions (not specifically covered)</li> </ul>
7	<ul style="list-style-type: none"> <li>• Delaying sexual activity</li> <li>• Sexually transmitted infections</li> <li>• STI and pregnancy prevention</li> <li>• Sexual health and decision making</li> <li>• Relationship changes at puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Reproductive systems</li> <li>• Menstruation, spermatogenesis, and fertilization</li> <li>• Sexually transmitted diseases</li> <li>• Communication skills</li> <li>• Abstinence</li> <li>• Sources of support for healthy sexuality</li> </ul>	<ul style="list-style-type: none"> <li>• Delaying sexual activity</li> <li>• Sexual health and decision making (now in Grade 8)</li> <li>• Relationship changes at puberty</li> </ul>
8	<ul style="list-style-type: none"> <li>• Decisions about sexual activity/supports</li> <li>• Gender identity, sexual orientation, self-concept</li> <li>• Decision making and contraception</li> <li>• Relationships and intimacy</li> </ul>	<ul style="list-style-type: none"> <li>• Abstinence</li> <li>• STIs</li> <li>• Contraception</li> <li>• Decision making</li> <li>• Sources of support of healthy sexuality</li> </ul>	<ul style="list-style-type: none"> <li>• Gender identity, sexual orientation, self concept (not specifically covered)</li> <li>• Relationships and intimacy (not specifically covered)</li> </ul>

Topics omitted in the specific grade expectations include consent, online safety, skill development vs knowledge, diversity and development of self-concept, but are included in the front matter of the curriculum document and therefore educators can continue to discuss these.