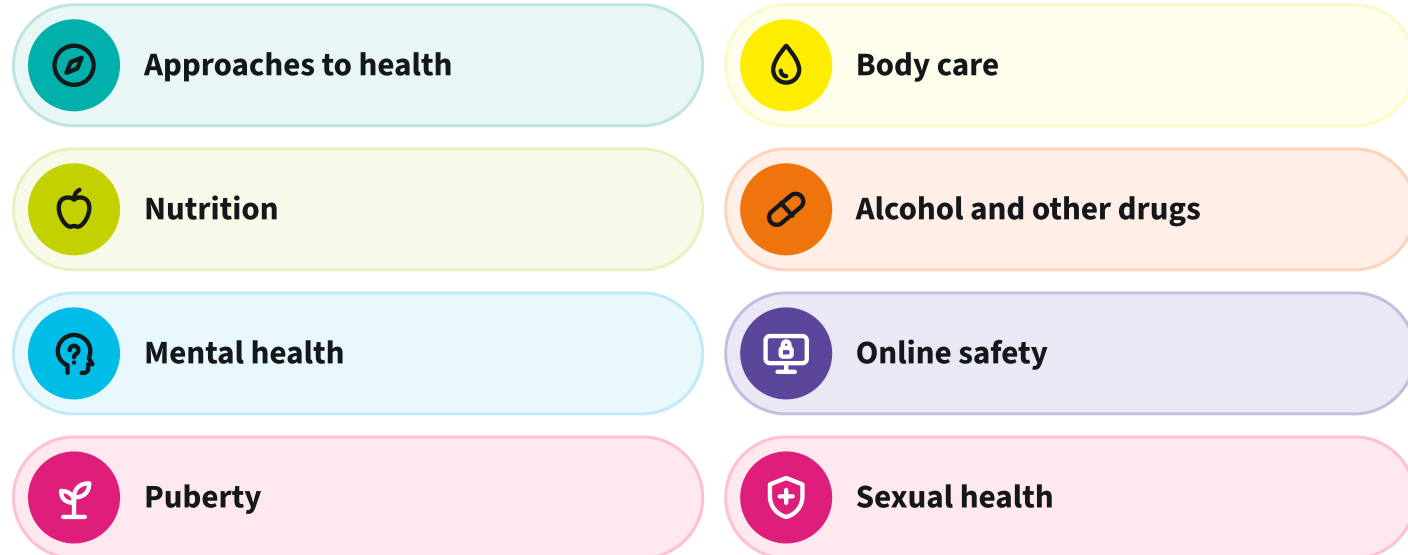
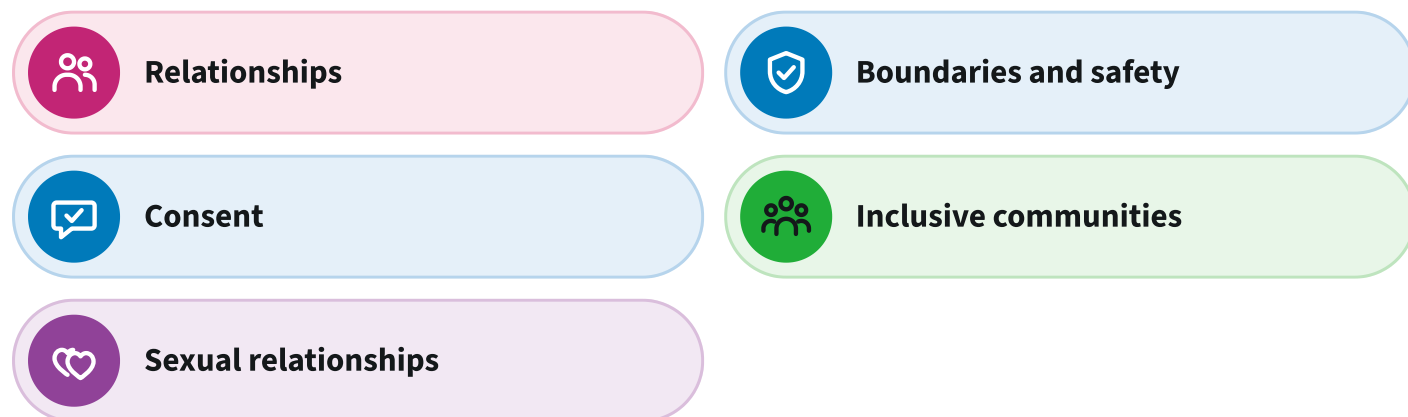


Health STRAND

ELEMENT Physical and mental health



ELEMENT Relationships and society Relationships in Phases 1–2



Health practices

Across both Health elements, every phase



Describe a health and well-being situation



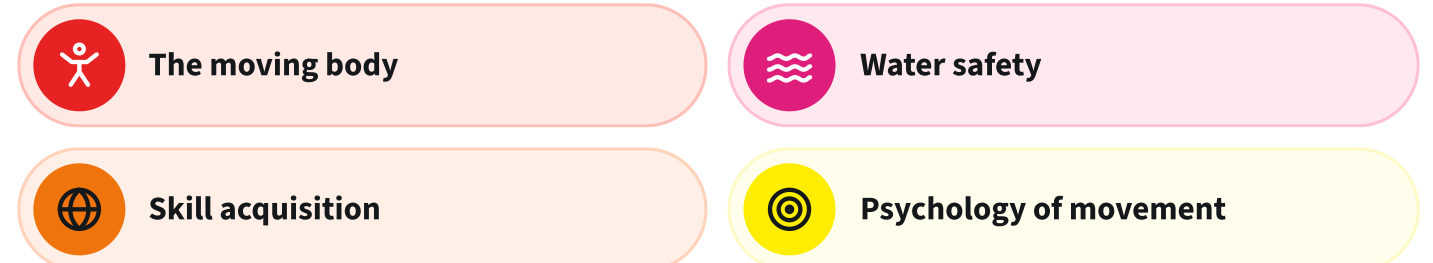
Use evidence to explain influences on health and well-being



Select, evaluate, and justify actions to maintain or enhance health and well-being

Physical Education STRAND

ELEMENT Movement



ELEMENT Active participation

