

physical skills and well-being



**A HEALTHY BODY IS PART
OF A HEALTHY LIFE**

Children begin to develop a love for physical activity through movement, games and activities. They will use a variety of equipment and see that they have the power to make healthy food choices and play safely.

Guiding Principles for Primary Programs

- Principle 1: Childhoods differ depending on social and cultural circumstances
- Principle 2: Children's development is influenced but not determined by their early experiences
- Principle 3: Children interact and learn in a variety of contexts
- Principle 4: Children are co-constructors of knowledge and partners in learning
- Principle 5: Children are unique and active contributors to their learning
- Principle 6: Children construct and represent knowledge in a variety of ways
- Principle 7: Children are citizens and active participants in school and society
- Principle 8: Children are active collaborators in and users of assessment

Southern Alberta Professional



Development Consortium