

Meaningful #HPEatHome



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Article

PHE Curricular Competencies: Physical Literacy, Health and Active Living

Audience(s): Grades 6-12

Hyperlink: [Meaningful #HPEatHome](#)

Description

This article provides practical ideas of ways that PHE educators can use this time of students learning from home more meaningfully. Some ideas include spending time connecting 1-1 with students (albeit virtually), encouraging students to reflect on their past PHE experiences, and helping students set individualized physical activity goals.

Objective(s)

The LAMPE research project provides thoughts on how educators can make PHE at home meaningful for students, so that they might engage with movement in their homes and communities and return to school looking forward to PHE class.

Curricular Connections

This resource is connected to these big ideas from the PHE curriculum:

Healthy choices influence our physical, emotional, and mental well-being (gr 6-9)

Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals (gr 10)

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by the Learning About Meaningful Physical Education (LAMPE) research project