

RESOURCES FOR PE / HEALTH TEACHERS

Curriculum, Planning and Assessment



<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

K-12 Student Reporting Policy

Communicating Student Learning Guidelines



<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/k-12-student-reporting-policy-communicating-student-learning-guidelines.pdf>



<https://ophea.net/tools-and-templates>



<https://guides.library.ubc.ca/c.php?g=743802&p=5378043>

PEGAMES.org

<https://www.pegames.org/>



<https://sparkpe.org/free-lesson-downloads/>



<https://physedgames.com/>

Physical Literacy, Healthy and Active Living



[Learning in Motion – Physical Activity & Physical Literacy Resources](#)



[Teaching Tools | PHE Canada](#)



[Resources - Learn Through Active Play](#)



[Healthy Schools BC - Programs & Resources for School Health](#)



<https://pacificsportcolumbiabasin.com/quality-sport/>

Healthy and Active Living



[Lesson Plans and Activities for Teaching Canada's Food Guide](#)



[About – Hands on Food](#)



[Farm to School BC - Bringing healthy, local food to schools K-12](#)



<https://aitc-canada.ca/en-ca/>

Social and Community Health



* Paid program, see school administrator
<https://urstrong.com>



*Paid Program, see school counsellor
<https://www.kidsintheknow.ca/en/>



<https://teachingsexualhealth.ca/>



**University
of Victoria**

**Canadian Institute for
Substance Use Research**

[iMinds - University of Victoria](#)



**Canadian Centre
on Substance Use
and Addiction**

<https://www.ccsa.ca/en/guidance-tools-and-resources/people-and-communities/youth-and-emerging-adults/adverse-childhood-experiences/educators>

Mental Health / Mental Well-Being



[Dashboard - HealthyMindsBC](#)



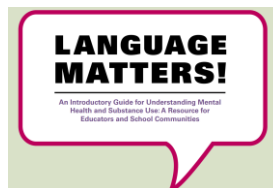
[Mental Health in Schools Strategy](#)

British Columbia
Early Learning Framework

[early_learning_framework.pdf](#)



<https://www.calm.com/> *subscription service for SD 5 employees



<https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/mhsu-language-guide.pdf>

mindup
The Goldie Hawn Foundation

<https://www.mindup.org/>

Inclusive Education



[The PLAY Resource Hub | OneAbility Games Disability Sport Resources for Teachers, Parents and More](#)

SOGI-INCLUSIVE
EDUCATION
**RESOURCE
GUIDE**

[sogi_resource_guide.pdf](#)



BCTF SOGI Resource Guide

[Teaching Resources Search](#)



[SOGI 123 | Making Schools Safer and More Inclusive for All Students](#)



<https://www2.gov.bc.ca/gov/content/erase>

Outdoor Education / Field Experiences

Columbia Basin Environmental Education Network



[Resources – CBEEN Online](#)



[Outdoor Learning School & Store The Outdoor Learning School & Store](#)



* Paid membership, see school administration or district administrative procedures

<https://www.youthsafeoutdoors.ca/>

Resources and Support for Parents / Adults



[Confident Parents: Thriving Kids – Confident Parents: Thriving Kids](#)



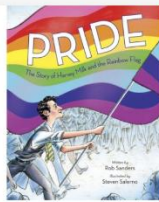
[HealthLink BC - 24/7 Health Advice You Can Trust](#)



<https://helpstartshere.gov.bc.ca/>

Books from Focused Ed for Health and PE - <https://focusedresources.ca/k12>





PRIDE: The story of Harvey Milk and the Rainbow Flag

Sanders, R.

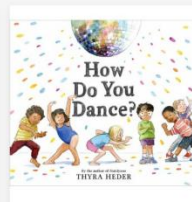
An impactful story that transcends time, Pride is about the pursuit of equality...



Just Ask: Be Different, Be Brave, Be You

Sotomayor, S.

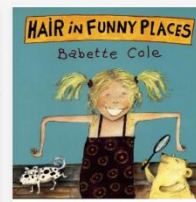
Sonia and eleven friends, each of whom is living with a condition that makes...



How Do You Dance?

Heder, T.

Just dance! This colourful picture book shows that no matter who you are or what...



Hair in Funny Places

Cole, B.

A young girl and her teddy bear tackle the subject of puberty with humorous...