

Implementation of Core Competencies into Practice

Hello staff,

This week's Core Competency focus is Personal awareness and responsibility, which includes the skills, strategies, and dispositions that help students to stay healthy and active, set goals, monitor progress, regulate emotions, respect their own rights and the rights of others, manage stress, and persevere in difficult situations. Below is a free App that students can use to become more informed and aware of their nutrition and activity levels.

Grade and Course suggestion: Grade 9 Physical and Health Education

Big Idea: Healthy choices influence our physical, emotional, and mental well-being.

Curricular Competencies:

Participate daily in physical activity designed to enhance and maintain health components of fitness

Propose healthy choices that support lifelong health and well-being

Identify and apply strategies to pursue personal healthy-living goals

Reflect on outcomes of personal healthy-living goals and assess strategies used

Content:

- Potential short- and long-term consequences of health decisions, including those involving nutrition and sleep routines
- Sources of health information

Resource: MyFitnessPal website or App

Link: <https://www.myfitnesspal.com/>

About this resource: MyFitnessPal is a free website and App that students can use to learn how to keep track of their nutrition and activity levels in order to encourage a healthy lifestyle. Students can learn more about the macro and micronutrients contained in the food they eat and their actual activity level throughout the day. The articles on the website are very informative and include tips relating to Nutrition, Fitness, Wellness and Inspiration that students can easily implement into their daily lives. A suggestion might be to challenge students to try out the App for the week as an assignment and discuss afterwards what they found interesting, surprising or helpful about the MyFitnessPal App for their physical and mental well-being.