



Dear Parents/Guardians:

The Physical Education/Health Curriculum has been developed to provide students with the knowledge and skills to make healthy lifestyle decisions and choices. The curriculum has been developed by teams of educators and medical practitioners and has been approved by the Minister of Education for use in Manitoba schools.

This mandatory curriculum deals with movement, fitness management, personal safety, personal and social management, and healthy lifestyle practices. Units that may be of particular interest to **Middle Years** parents/guardians are those dealing with Safety of Self and Others, Substance Use and Abuse Prevention, and Human Sexuality.