

What your child will learn in Grade 6 Physical Education and Wellness

Active Living

Your child will analyze motivation and its relationship to personal development and active living. Understanding what drives us to move helps kids build habits that can last a lifetime, not just for this year's gym class. [See the curriculum.](#)

Movement Skill Development

Your child will learn how rules and structure help games run smoothly, whether that's in a soccer match or a game of tag at recess. They'll practice movement skills in both calm, controlled settings and fast-moving, unpredictable ones, like the difference between shooting free throws and playing a full basketball game. They'll also work on resolving conflicts that come up during physical activities, such as a disagreement over a call in a pickup game, so that everyone can keep playing and having fun. [See the curriculum: 1, 2, 3.](#)

Character Development

Your child will connect ideas about well-being to their bigger goals and future opportunities, thinking about how the habits they build now support learning and growth throughout life. [See the curriculum.](#)

Safety

Your child will think about risk and what factors affect the outcome of a decision, such as choosing whether to try a new trick on a bike or take a safer route. [See the curriculum.](#)

Healthy Eating

Your child will explore how having access to different foods (or not) affects the choices people make about nutrition, such as what's available at the grocery store, at school, or at home. [See the curriculum.](#)

Healthy Relationships

Your child will consider different points of view and how seeing things from someone else's perspective helps build healthy, respectful relationships with friends and family. [See the curriculum.](#)

Growth and Development

Your child will learn about the physical, social, personal, and environmental changes that happen during adolescence and how making good decisions helps them handle those changes. They will also learn about human reproduction, from fertilization through birth, as part of understanding how growth and development happen. [See the curriculum: 1, 2.](#)

Financial Literacy

Your child will investigate how borrowing and investing work in everyday situations, building an early understanding of how money decisions affect people's lives. [See the curriculum.](#)

How to help at home

Active Living

- Ask your child what makes them want to move: is it playing with friends, beating a personal best, or just having fun? Talk about how that motivation could help them stay active as they get older. [See the curriculum.](#)
- Try a new activity together as a family, like a bike ride or a dance video, and ask afterward what made them want to keep going or what almost made them stop. [See the curriculum.](#)

Movement Skill Development

- Play a backyard or living room game with clear rules (like four square or a card game) and ask your child to explain why the rules matter for keeping things fair. [See the curriculum.](#)
- Practice a skill two ways: first slowly and with no distractions, then in a fast-paced game, like dribbling a ball while standing still versus while someone tries to steal it. [See the curriculum.](#)
- When a disagreement comes up during a game, whether it's a board game or a sport, pause and ask your child how they think both sides could solve it fairly. [See the curriculum.](#)

Character Development

- Ask your child to think about one thing they're good at now and one thing they'd like to get better at, and talk about small steps to work toward it. [See the curriculum.](#)

Safety

- Before your child tries something a little risky, like skateboarding down a new hill, ask them to name what could go wrong and how they could reduce that risk. [See the curriculum.](#)

Healthy Eating

- Talk about what foods are available at your local store versus a friend's neighborhood store, and ask your child how that might affect what people eat. [See the curriculum.](#)

Healthy Relationships

- When your child tells you about a disagreement with a friend, ask them to describe the situation from the other person's point of view before deciding what happened. [See the curriculum.](#)

Growth and Development

- Keep the door open for questions about the body changes that happen during the pre-teen years, since your child is learning about these changes at school and may want to talk about them at home. [See the curriculum.](#)
- Be ready for questions about where babies come from, since your child is learning about human reproduction from fertilization to birth this year, and a calm, honest conversation at home reinforces what they're learning. [See the curriculum.](#)

Financial Literacy

- Talk with your child about saving up for something they want, and explain simply how a savings account can grow money over time through interest. [See the curriculum.](#)
- If you have investments, like a savings bond or a small stock, explain in simple terms what it is and

how it works, since your child is starting to learn about borrowing and investing this year. [See the curriculum.](#)