





Balance



## Links to Curriculum

### First Peoples' principles of learning

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## Physical and Health Education 2/3

### Competencies

- 9 Identify and apply strategies that promote mental well-being (Grade 2) and describe factors that influence mental well-being and self-identity (Grade 3)
- 9 Develop and demonstrate safety, fair play, and leadership in physical activities
- 9 Identify and explain factors that contribute to positive experiences in different physical activities
- 9 Describe and apply strategies for developing and maintaining positive relationships
- 9 Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

This resource was developed by the Canadian Institute for Substance Use Research with funding provided by the BC Responsible & Problem Gambling Program. Any views expressed herein are those of the authors and do not necessarily represent the views of the BC Responsible & Problem Gambling Program or the Canadian Institute for Substance Use Research.