

Physical Education and Health and Wellness Education Competencies Wheels

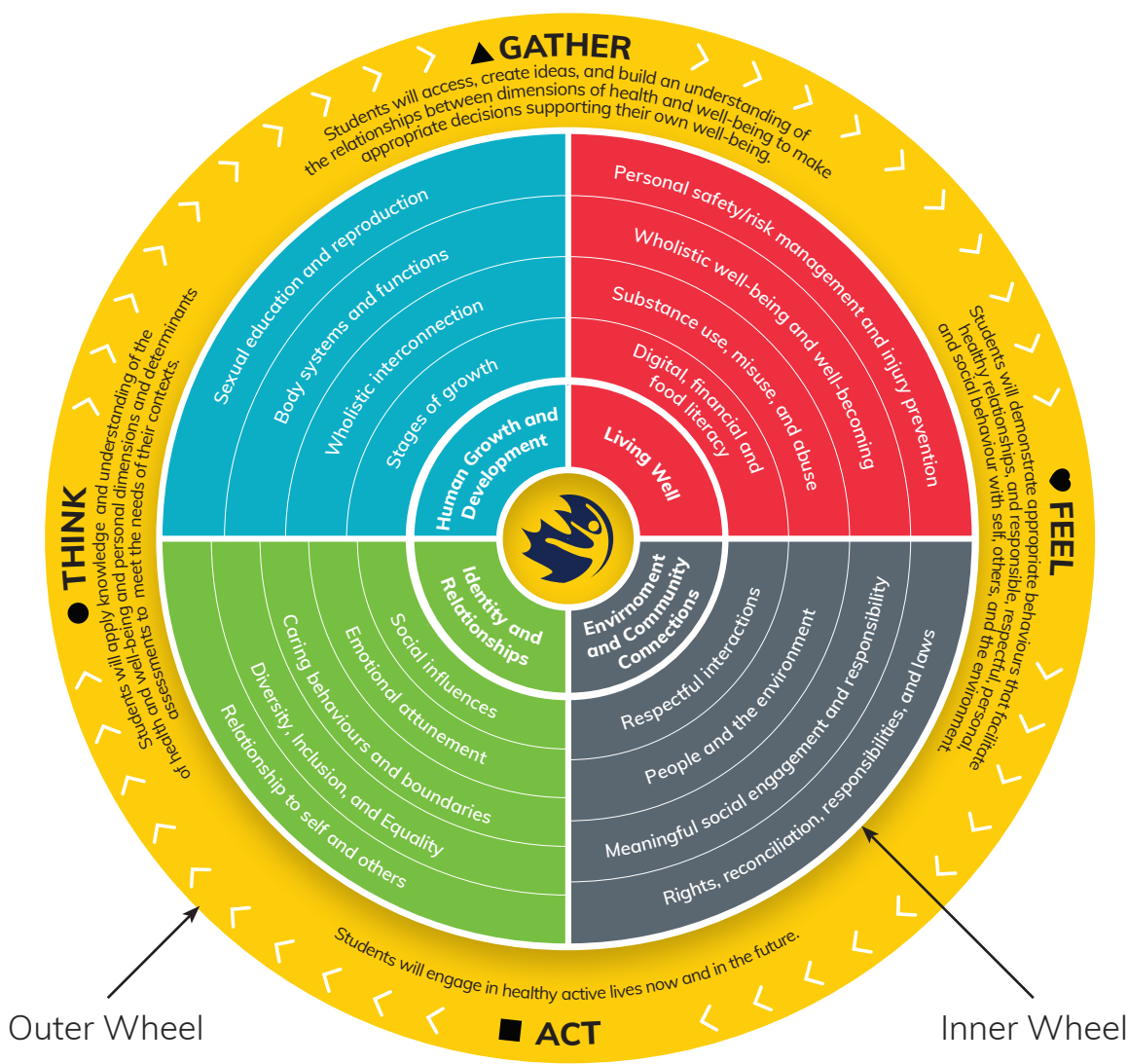
The two wheels below show how the Canadian Competencies for Physical Education and Health and Wellness Education were developed. We have pulled these wheels out for you to print off and keep accessible while planning your classes.

The layout, as presented, mirrors a children's spinner toy, where the outer ring rotates giving multiple ways of approaching the big ideas and learning themes. In this way, learning within physical education and health and wellness education is attuned to a continuum of young people's interests and offers multiple and meaningful opportunities to be healthy, safe, challenged, confident, supported, engaged, and ready to live well.

Instructions:

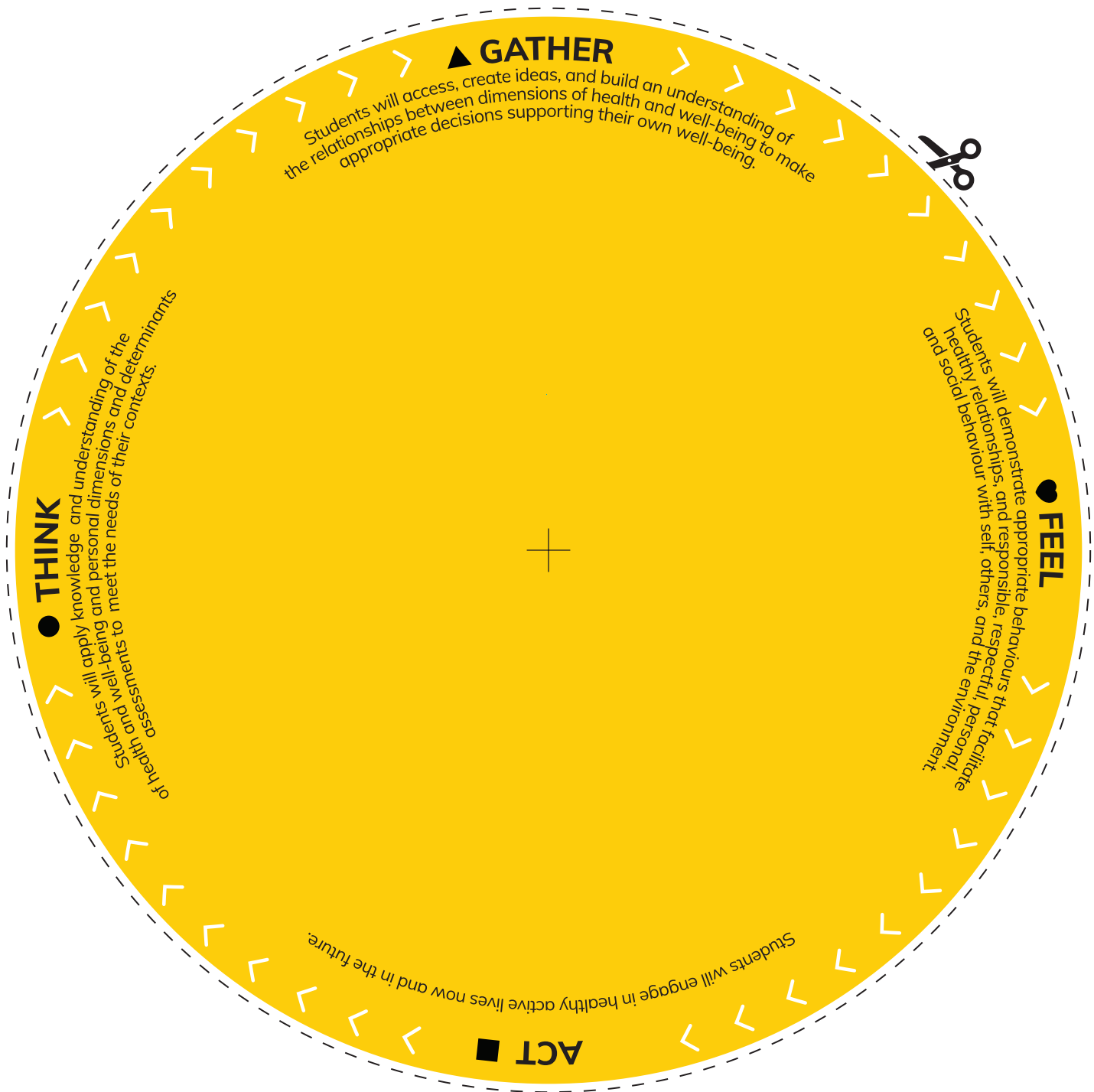
1. Cut out the wheels on the dotted lines.
2. Place the inner wheels (**inner #1 and inner #2**) on top of the outer wheel (**outer #1 and outer #2**).
3. Carefully poke a hole in the centre of the wheels.
4. Connect each set of wheels with a metal fastener to enable the smaller wheels to rotate.

Share a photo of your wheel in action on social media and tag **@PHECanada**.



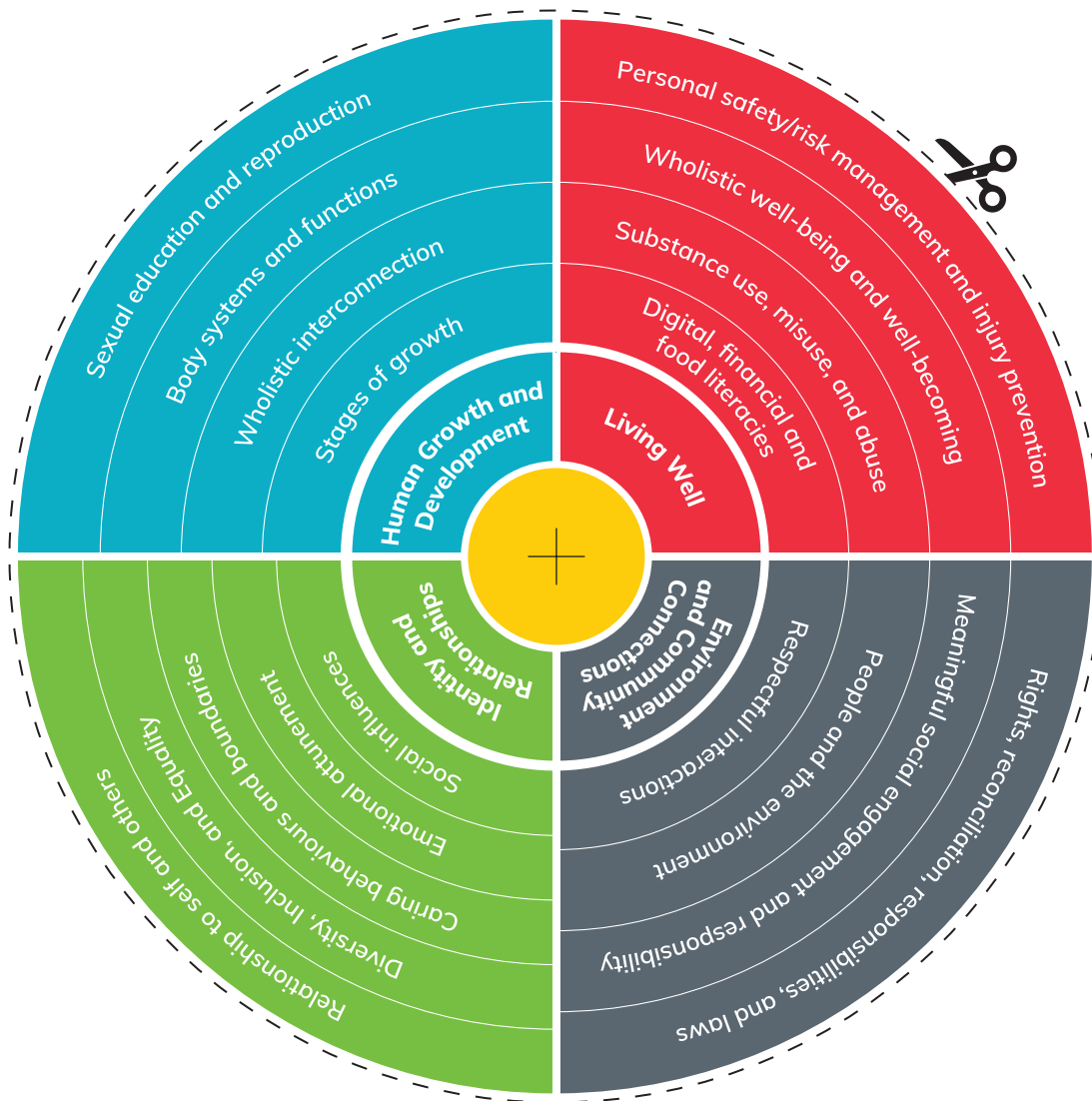
Outer Wheel #1

Health Education



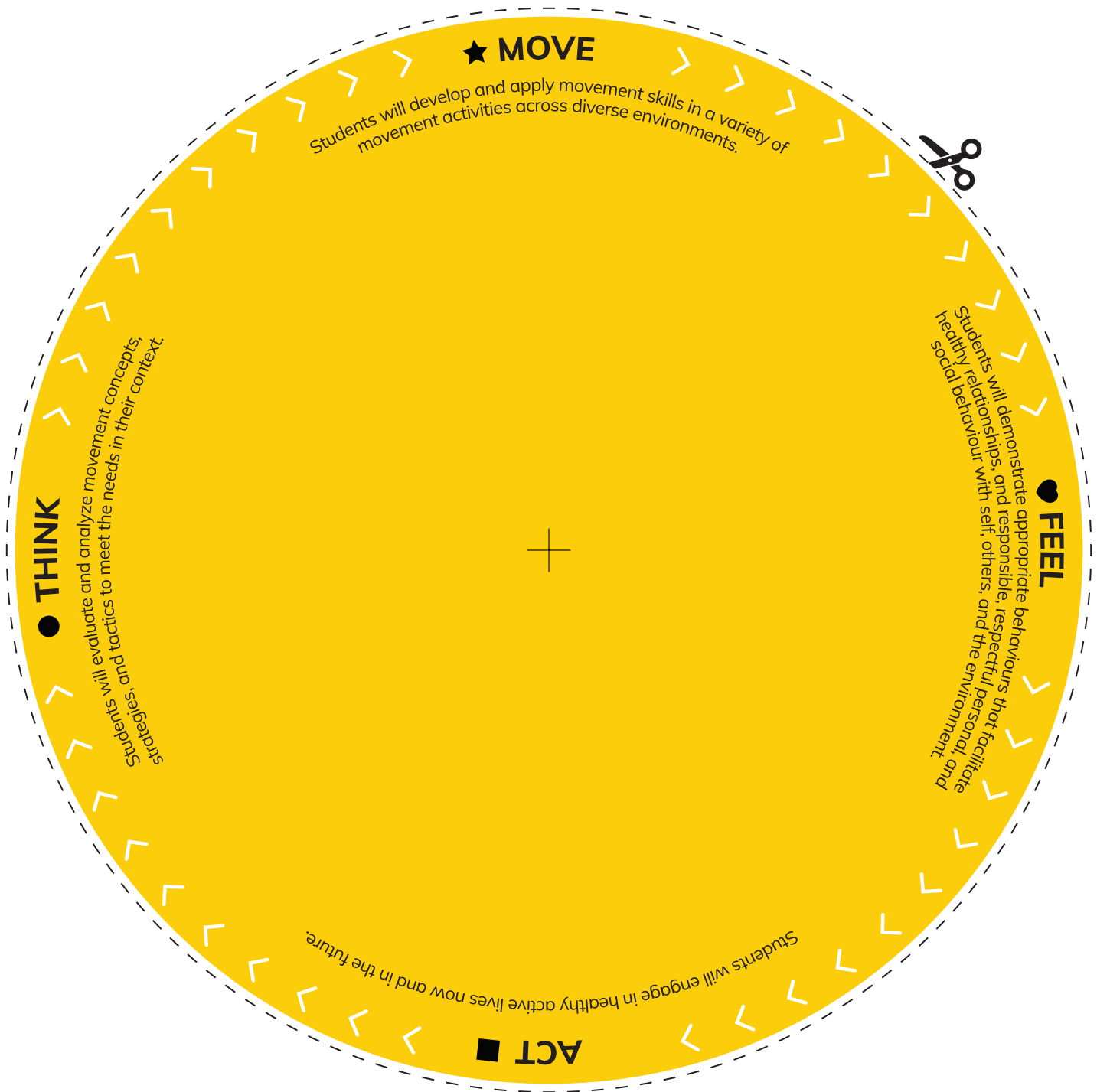
Inner Wheel #1

Health Education



Outer Wheel #2

Physical Education



Inner Wheel #2

Physical Education

