

# CHILDREN AND YOUTH LEAD THEIR OWN LEARNING

## Student-centred, Skill-based Learning

Health and Physical Education is focused on children and youth's individual skill development for healthy, active living.

*Are challenges optimized for student readiness?*



*Are students' interests being considered?*



*Are diverse student needs being met?*



- ✓ Student voice and choice
- ✓ Individual skill building
- ✓ Progressive instruction
- ✓ Constructive feedback
- ✓ Time for practice and reflection



This poster is the fifth in a series of six posters illustrating the Fundamental Principles in Health and Physical Education. To access the posters, please visit [TeachingTools.ophea.net/AllAboutHPE](https://TeachingTools.ophea.net/AllAboutHPE).