

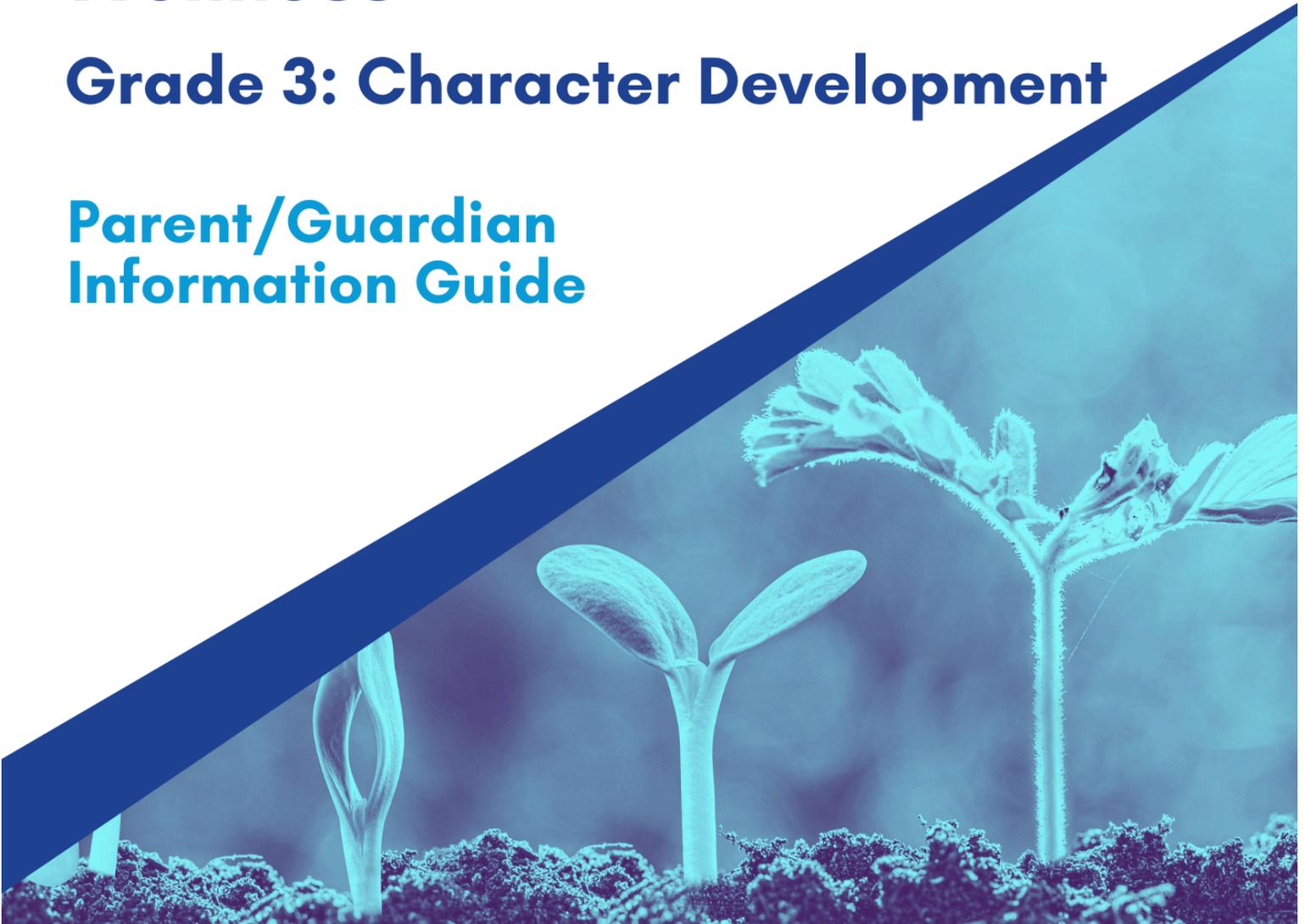


FORT McMURRAY  
CATHOLIC SCHOOLS

# Physical Education & Wellness

## Grade 3: Character Development

### Parent/Guardian Information Guide



## About the Instructional Resources

All FMCS D teachers will use these lesson plans and associated materials when instructing the outcomes listed below from the Physical Education and Wellness curriculum. External guest speakers or service providers will not be utilized during the instruction of these outcomes.

Grade	Organizing Idea	Learning Outcome
3	Character Development	2CD1: Students analyze different roles within varied contexts and examine how roles can support the development of talents, virtues, and resilience.

## The Catholic Understanding of Family, Roles, and Role Models

The Catholic Church teaches that every human person is created by God in His image and likeness and therefore possesses an inherent and God-given dignity (CCC 1700). Because all people are created by God and loved by Him, each person belongs and deserves to be treated with respect, care, and compassion. This belief is foundational to how Catholic schools approach learning about families, relationships, and roles within society.

Scripture reveals that “God is love” (1 John 4:8), and it is within loving relationships that human beings most fully reflect God’s nature. Families are among the first and most important communities in which children experience love, belonging, responsibility, and care. While families take many forms, the Catholic understanding emphasizes that families are places where people are called to support one another, nurture growth, and help each person become who God has created them to be.

Human beings are relational by nature. Just as the persons of the Trinity exist in loving relationship, we are created for relationship with God and with others. Through family life, school communities, and wider society, individuals learn how to live out roles that are shaped by culture, relationships, and responsibility to others. These roles help individuals understand how their actions affect those around them and how they can contribute positively to their communities.

Within families and communities, children encounter role models who influence their understanding of kindness, perseverance, responsibility, and service. From a Catholic perspective, these role models help children recognize and develop the unique gifts and talents God has entrusted to them. Each person is called to grow in virtue and to use their abilities in ways that reflect love of God and love of neighbour (Mark 12:28-31).

The Catholic tradition affirms that God continues to create and shape each person throughout their life. Children are invited to discover their talents and potential through relationships with others and to understand that growth often occurs through encouragement, guidance, and example. As students learn about roles and role models, they are supported in recognizing that their gifts are not only for personal success but also for serving others and contributing to the common good.

In Catholic education, discussions of family and roles are rooted in the belief that every person has value, every family deserves respect, and every child is called to grow in love, virtue, and responsibility. This perspective guides teachers in presenting content in a way that is age-appropriate, respectful, and grounded in the Church’s commitment to human dignity and community.

# LESSON OUTLINE

## LESSON #1: Family Structures & Roles

### Alberta Education Curricular Outcomes

Knowledge	Understanding(s)	Skills & Procedures
<ul style="list-style-type: none"><li>Family structures can vary; may include extended family; and may consist of a single parent, a mother and a father, stepparents, two fathers, or two mothers.</li><li>Families can be intergenerational with many generations residing in one home.</li><li>Children may spend time between more than one family.</li><li>Positive role models can inspire individuals to develop personal talents and potential.</li></ul>	<ul style="list-style-type: none"><li>Roles are influenced by family, role models, learning environments, and community.</li><li>Roles are established and maintained through culture and relationships with people and the land.</li></ul>	<ul style="list-style-type: none"><li>Recognize that puberty marks the beginning of a new life stage as individuals move toward becoming mature adults.</li></ul>

### Lesson Components

#### Opening Prayer

Loving God,

Loving God,

Thank you for the people who care for us and help us grow. Help us learn how we can use our gifts to love and serve others.

#### Introduction to Family Structures

**Mode of Instruction:** Direct Instruction from Teacher, Read Aloud

While reading the book *A Family is a Family is a Family*, the class will discuss how the families in the story are similar and different. They will discuss how families may look different, but they are places where people are called to love, care for one another, and help each other grow.

#### Introduction to Roles and Role Models

**Mode of Instruction:** Direct Instruction from Teacher, Group and Individual Activities

Students will discuss how roles are something that someone does to help or support others. In our Catholic faith, we believe God gives each person special gifts. Role Models help us notice, practice and grow those gifts. Students will create a chart of roles individuals can play at home, at school and in the community. They will also discuss role models and ways that they can help others learn and grow.

**Overview of Student Activities:** Independent writing activity - describing a real or fictional role model

#### Closing Prayer

Loving God, thank you for the families and role models in our lives. Help us to respect one another, use our gifts to serve others, and grow in kindness and responsibility.

Amen