

PE 9 Outline

Curricular Competencies:	Contenty:
Physical Literacy • Develop and apply movement skills in a variety of activities and environments. • Monitor exertion levels • Demonstrate safety, fair play, leadership. • Describe preferred types of physical activity. Healthy and Active Living • Participate in daily physical activity. • Describe how physical activity at school, home and community influence health and fitness. • Healthy choices • Identify media influences on health choices. • Identify and apply personal healthy living goals. • Reflect on your personal healthy living goals. Social and Community Health • Identify strategies for avoiding or responding to potentially unsafe, abusive, or exploitative situations. • How to respond to discrimination, stereotyping, and bullying • How to maintain healthy relationships Mental Well-being • How to promote health and mental well-being in your school and community • Evaluate strategies for managing physical, emotional and social changes during puberty and adolescence. • What helps shape our personal identities, including social and cultural factors.	• proper technique for movement • how to monitor exertion levels • participate in individual, dual and recreational activities. • training principles • effects of physical activity on the body • healthy sexual decision making • consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines • where to find health information • how to respond to emergencies • how to stay safe in your environment • consequences of bullying, stereotyping, and discrimination • effects of substance use • recognize signs and symptoms of influences of stress, anxiety and depression • healthy relationships

Assessment will be based on the Provincial Proficiency Scale for Grades K-9:

Emerging	Developing	Proficient	Extending
Student demonstrates an initial understanding of the concepts and competencies relevant to expected learning.	Student demonstrates a partial understanding of the concepts and competencies relevant to expected learning	Student demonstrates a complete understanding of the concepts and competencies relevant to expected learning. (This is the goal)	Student demonstrates a sophisticated understanding of the concepts and competencies relevant to expected learning.