

PE 10 Outline

Curricular Competencies:	Content
Physical Literacy - Refine and apply movement skills and strategies. - Monitor exertion levels - Demonstrate safety, fair play, leadership. - Describe preferred types of physical activity. - Participate in daily physical activity. - Identify motivational factors influencing participation.	- 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
Healthy and Active Living - Participate in physical activities designed to enhance fitness. - Explain how improving skills can increase confidence. - Identify and overcome potential barriers to physical activity. - Analyze and explain how health messages might influence health. - Identify and apply healthy living goals. - Reflect on outcomes of personal healthy living goals.	- 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
Social and Community Health - How to avoid and respond to potentially unsafe, abusive, or exploitative situations - Analyze strategies for responding to discrimination, stereotyping, and bullying. - Develop skills for maintaining healthy relationships. - Analyze the potential effects of social influences on health.	healthy relationships
Mental Well-Being - Explain strategies for promoting mental well-being. - Explore factors contributing to substance use. - Create strategies for managing physical, emotional, and social changes during adolescence. - Explore factors that shape personal identities, including social and cultural factors - Describe the relationships between physical activities, mental well-being, and overall health.	

Assessment will be based on Curricular Competencies and Assessment will use Letter Grades and Percentages

Letter Grade	% Range	Definition
A	86-100	The student demonstrates excellent or outstanding learning in relation to the learning standards.
B	73-85	The student demonstrates very good learning in relation to the learning standards
C+	67-72	The student demonstrates good learning in relation to the learning standards
C	60-66	The student demonstrates satisfactory learning in relation to the learning standards
C-	50-59	The student demonstrates minimally acceptable learning in relation to the learning standards
F	0-49	The student has not demonstrated, or is not demonstrating, minimally acceptable learning in relation to the learning standards. Prio to assigning an F, it is important students, parents, and caregivers are made aware of any concerns and given a chance to address the needs of the student.
IE	N/A	Insufficient Evidence: The student, for a variety of reasons, has not provided sufficient evidence of learning in relation to the learning standards.