

Physical Education 10

General Curriculum Outcomes

Students will be expected to

Knowing

- A. demonstrate an understanding of the concepts that support human movement
- B. demonstrate a knowledge of the components and processes needed to develop and maintain a personal level of functional fitness

Doing

- C. demonstrate motor skills in all movement categories using efficient and effective body mechanics
- D. participate regularly in a variety of activities that develop and maintain personal physical fitness
- E. demonstrate creativity in all movement categories

Valuing

- F. demonstrate positive personal and social behaviours and interpersonal relationships
- G. demonstrate positive attitudes toward and an appreciation of physical activity through participation
- H. demonstrate awareness of career and occupational opportunities related to physical activities

Specific Curriculum Outcomes

Students will be expected to

Outdoor Pursuits

- 1.1 demonstrate effective interpersonal and communication skills through cooperative activities in group settings
- 1.2 demonstrate understanding of how poor group cohesion can increase chance of incidents during outdoor pursuits
- 1.3 demonstrate an appreciation for the outdoor environment by utilizing effective minimal impact techniques
- 1.4 demonstrate proficient skills and techniques necessary for outdoor adventures taught
- 1.5 demonstrate proficiency utilizing both traditional and current equipment during several outdoor adventures
- 1.6 demonstrate proficiency in a variety of wilderness adventures, using both traditional and current techniques while applying smart risk practices

Exercise Science

- 2.1 demonstrate an understanding of basic human anatomy
- 2.2 apply basic principles of biomechanics to maintain or improve their individual athletic performance using SMART principles
- 2.3 analyze the relationship between nutritional input and the requirements for active living
- 2.4 investigate career and volunteer opportunities related to the field of exercise science

Personal Fitness

- 3.1 apply an understanding of the components of health and skill related physical fitness to activities that develop physical fitness for active, healthy living
- 3.2 apply effective risk practices in health- and skill-related physical activities
- 3.3 apply principles of training to physically active experiences
- 3.4 apply effective risk practices in health- and skill-related physical fitness
- 3.5 apply principles of training to physically active experiences
- 3.6 demonstrate knowledge of what health-related physical fitness appraisals measure: cardiovascular endurance, upper and lower body muscular strength and endurance, flexibility, and body composition
- 3.7 assess their own level health-related physical fitness
- 3.8 set SMART goals to maintain or improve current levels of health related to physical fitness

Leadership

- 4.1 apply effective leadership characteristics through physically active experiences
- 4.2 demonstrate effective interpersonal skills while participating in group physical activities
- 4.3 demonstrate teamwork by co-operating within group physical activities
- 4.4 demonstrate effective teamwork by co-operating within group physical activities
- 4.5 apply effective leadership skills in various activities