

Physical Education 11

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

Tactical and Strategic Game Play

- 1.1 apply effective tactics and techniques to invade an opponent's territory/space in offensive and defensive situations within an invasion/territory situation
- 1.2 apply effective tactics and techniques to send an object into open space so an opponent is unable to make a return within a net/wall situation
- 1.3 strike a ball so it eludes defenders within a batting/fielding situation
- 1.4 articulate the most effective offensive and defensive tactics within invasion/territory, net/wall, and batting/fielding games environments
- 1.5 apply progressive tactical principles in target games play
- 1.6 articulate the most effective techniques utilized while aiming at a target within the target games environments
- 1.7 identify games other than those addressed in this course to which specific skills and tactics are applicable and transferable

Life Skills through Sport

- 2.1 demonstrate effective communication and interpersonal skills in game settings, and effectively connect these skills to life outside of physical education
- 2.2 demonstrate effective decision-making skills and critical thinking skills in game settings, and effectively connect these skills to life outside of physical education
- 2.3 demonstrate effective coping and self-management skills while in game settings, and effectively connect these skills to life outside of physical education

Sport in Society

- 3.1 identify social injustices in Canadian sport and articulate steps that would help address each of the injustices they identify
- 3.2 identify potential careers in sport and investigate related career pathways
- 3.3 recognize the importance of using inclusive language (related to such constructs as gender, sexuality, race, and ability) in sport and throughout life