

Physical Education 7

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

ACTIVE LIVING

- 1.1 set and modify goals to develop personal fitness to maintain a healthy lifestyle
- 1.2 categorize activities and exercises according to cardiovascular benefits
- 1.3 describe and practise relaxation techniques for stress management
- 1.4 describe the relationship between nutrition and activity
- 1.5 explain the benefits of and demonstrate warm-up and cool-down activities
- 1.6 participate in activities that enhance cardiovascular fitness, muscular strength, endurance, and flexibility
- 1.7 identify resources in the community that contribute to active living

OUTDOOR ACTIVITIES

- 2.1 know and practise safety procedures and routines in a variety of outdoor activities
- 2.2 find a desired direction of travel by taking a compass bearing
- 2.3 know and understand the concept of reading a map

- 2.4 participate in activities or games that demonstrate sensitivity towards the environment (e.g., school grounds clean-up)
- 2.5 participate in at least one land-based (e.g., hiking, orienteering) and one water-based (e.g., swimming, canoeing) seasonal activity that practises environmental safety

DANCE

- 3.1 perform a variety of individual novelty dances (e.g., Y.M.C.A., Macarena, line dance, limbo)
- 3.2 perform an aerobic dance sequence to music
- 3.3 demonstrate the use a variety of objects (e.g., fans, drums, hats) to create dances
- 3.4 perform a variety of line, circle, and square dances learned in elementary school
- 3.5 create and perform movement sequences to a variety of music and rhythmic forms

EDUCATIONAL GYMNASTICS

- 4.1 demonstrate safety procedures and practices to avoid unnecessary risks
- 4.2 perform correct techniques for basic gymnastics skills (e.g., rolls, cartwheels, handstands)
- 4.3 demonstrate travel, balance, and weight transfers on the floor and on small and/or large equipment

SPORT EXPERIENCE

- 5.1 demonstrate sport-specific skills and be able to break them down into their components: preparation, action, follow-through
- 5.2 participate in a wide variety of sports and games
- 5.3 demonstrate an understanding of rules with regard to safety
- 5.4 demonstrate an understanding of rules in game situations
- 5.5 demonstrate positive personal and social behaviours that emphasize fair play