

Physical Education 8

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 use relaxation techniques for stress management
- 1.2 design and analyze a personal nutritional plan
- 1.3 analyze activities and exercises according to benefits to muscular strength, cardiovascular fitness, flexibility, and endurance
- 1.4 explain the benefits of and demonstrate warm-up and cool-down activities
- 1.5 participate in activities that enhance muscular strength, cardiovascular fitness, flexibility, and endurance
- 1.6 plan how to utilize community resources

OUTDOOR ACTIVITIES

- 2.1 practise the sport of orienteering in a controlled environment
- 2.2 know and understand the concept of reading a map
- 2.3 participate in activities or games that demonstrate sensitivity towards the environment

- 2.4 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
- 2.5 review and practise the use of a compass

DANCE

- 3.1 demonstrate learned traditional, line, circle, and square dances from previous grades
- 3.2 practise new traditional, line, circle, and square dances
- 3.3 create, with a partner, an aerobic dance sequence to music
- 3.4 dramatize through dance such things as historical events, movie themes, poetry, or art
- 3.5 choreograph movement sequences using elements of movement and basic dance steps and patterns

EDUCATIONAL GYMNASTICS

- 4.1 demonstrate safety procedures and practices to avoid unnecessary risks
- 4.2 experience individual, partner, and small-group balance and counterbalance
- 4.3 develop and perform, with a partner, a sequence containing basic gymnastic skills on the floor and on small and/or large equipment

SPORT EXPERIENCE

- 5.1 refine sport-specific skills through practise and repetition
- 5.2 demonstrate the discipline and attitude required to master a skill
- 5.3 demonstrate an understanding of positioning in offensive and defensive situations
- 5.4 participate in sport and games using modified rules
- 5.5 maintain the safety of game play when rules are modified
- 5.6 demonstrate positive personal and social behaviours that emphasize fair play