

# Physical Education 9

## 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 a nutritional plan appropriate for a specific activity (e.g., cross-country skiing, weight lifting, aerobics)
- 1.3 participate in activities that develop personal fitness for active, healthy living
- 1.4 plan and participate in personal fitness and activity programs, using the principles of training
- 1.5 design a circuit that includes activities to develop muscular strength, cardiovascular fitness, flexibility, and endurance
- 1.6 set specific goals that use community resources or facilities to enhance his/her personal active-living goals

### OUTDOOR ACTIVITIES

- 2.1 create a map and design an orienteering course on their school grounds or in a local park
- 2.2 demonstrate map-reading skills as an aid to navigation
- 2.3 demonstrate compass-reading skills as an aid to navigation

- 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 know and practise safety procedures and routines in a variety of outdoor activities

### **DANCE**

- 3.1 research and share with peers dances from other countries and/or cultures
- 3.2 create and teach an aerobic dance sequence to a small group or the class
- 3.3 integrate sports themes and music to create dances (e.g., “Sweet Georgia Brown” and basketball, victory dance and football, slow-motion replay and martial arts)
- 3.4 create, choreograph, and perform dances for themselves and others in a variety of dance forms
- 3.5 apply the principles of mechanics to improve performance in dance activities

### **EDUCATIONAL GYMNASTICS**

- 4.1 demonstrate safety procedures and practices to avoid risks
- 4.2 create and perform group sequences using basic gymnastics skills on the floor and on small and/or large equipment
- 4.3 demonstrate balance and body control as they relate to sport (e.g., snowboarding, heading a soccer ball, or catching balls in the air)

### **SPORT EXPERIENCE**

- 5.1 play a variety of games putting several sport-specific skills into practice
- 5.2 identify the relationship between body mechanics and performance
- 5.3 apply game strategies in a variety of sports and games
- 5.4 demonstrate an understanding of the role that leadership plays in sport experiences
- 5.5 modify rules of games for a variety of purposes
- 5.6 demonstrate an understanding of rules through officiating
- 5.7 demonstrate positive personal and social behaviours that emphasize fair play