

Physically Active Living 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

Active Lifelong Pursuits

- 1.1 demonstrate competence in a variety of lifelong physical activities
- 1.2 demonstrate competence in a variety of modes of active transportation, applying appropriate safety procedures and exploring opportunities and challenges
- 1.3 lead an active game in a natural setting that would be inclusive of and appeal to all ages and abilities, and explain the value of play in leisure time throughout the lifespan
- 1.4 experience and reflect upon diverse lifelong outdoor recreation activities, as environmentally conscious participants

Community Participation

- 2.1 demonstrate awareness of the range of human and physical resources, including natural and built environments, supportive of physical activity, sport, and recreation in the community, region, and province
- 2.2 identify barriers and solutions to participation in their physical activity interests in regard to cost, time, and access based upon a projected disposable income
- 2.3 locate, access, and participate at the moderate to vigorous intensity level in a new physical activity experience, structured or unstructured, available in their community

- 2.4 facilitate a learning experience that promotes active, healthy living within their school and/or community
- 2.5 apply their understanding of fair play and monitor their own behaviour in a variety of physical activities

Personal Fitness and Goal Setting

- 3.1 assess their personal level of health-related physical fitness
- 3.2 develop a fitness plan using a goal-setting approach
- 3.3 demonstrate an understanding of health-related fitness components and how to use them to improve personal fitness levels
- 3.4 apply the principles of training within a personal fitness plan and analyze how these principles can help to improve or maintain personal fitness levels
- 3.5 set goals to increase skill level in a physical activity of choice and monitor, document, and reflect on progress over time

Healthy Living

- 4.1 explain the role that healthy eating and physical activity play in enhancing mental health, disease prevention, and addiction prevention
- 4.2 identify community resources that address and enhance mental health, and recognize harms associated with delayed treatment of mental illness
- 4.3 examine consumer rights and critically analyze issues related to health and fitness services and products
- 4.4 investigate a health issue of relevance to youth, including its impact personally, regionally, and globally