

BIG IDEAS

Physical activity is an important part of overall health and well-being.

Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.

Safety and injury prevention practices allow lifelong participation in physical activities.

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p>Health and well-being</p> <ul style="list-style-type: none"> • Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities • Explain the importance of maintaining personal health • Identify and explain motivational factors influencing participation in recreational activities • Describe the impact of various types of physical activities on health and mental well-being <p>Safety</p> <ul style="list-style-type: none"> • Demonstrate safety, fair play, and leadership in physical activities • Explain how the use of proper techniques prevents injury <p>Participation</p> <ul style="list-style-type: none"> • Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity • Plan ways to overcome potential barriers to participation in physical activities 	<p><i>Students are expected to know the following:</i></p> <p>Health and well-being</p> <ul style="list-style-type: none"> • the role of nutrition and how it can affect health and performance • potential short- and long-term consequences of health decisions • benefits of physical activities for health and mental well-being <p>Safety</p> <ul style="list-style-type: none"> • physical activity safety and etiquette • injury prevention and management <p>Participation</p> <ul style="list-style-type: none"> • proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills • ways to monitor and adjust physical exertion levels • rules and guidelines for different types of sports and activities • potential barriers to participation

Curricular Competencies – Elaborations

- **motivational factors:**

Key questions:

- What physical activities am I passionate about?
- Could I do these activities after I finish secondary school?
- Do I prefer doing individual, team, or group-based activities?

- **safety, fair play, and leadership:**

- consistently respecting and following all rules
- competing fairly (e.g., using talent and ability to play their best, following both the spirit and the letter of the rules, demonstrating self-officiating)
- demonstrating respect for their own and others' individual abilities
- demonstrating emotional self-control (e.g., being a gracious winner or loser)
- volunteering in class
- encouraging others
- leading warmup or cool-down activities
- helping set up or take down equipment
- officiating
- mentoring others

Content – Elaborations

- **etiquette:**

- following rules of games and activities
- demonstrating positive behaviours that show respect for individual abilities, interests, gender, and cultural backgrounds
- demonstrating self-respect and self-confidence
- demonstrating fair play and showing respect for other players/participants

- **injury prevention and management:**

- following personal safety practices during physical activity (e.g., respecting their own and others' abilities and limits, wearing appropriate clothing and footwear, following instructions)
- applying rules and guidelines for participating safely in specific activities (e.g., wearing hockey helmet and pads, checking that the field is clear before shooting an arrow or tossing a discus, using a spotter for gymnastics or rock-climbing)
- modelling safety procedures for others
- applying principles of first aid (e.g., knowing how to access first aid and other emergency assistance, taking first aid training)
- participating in warmup and cool-down activities

- **barriers to participation:**

- money
- time
- available facilities and activities in your community
- health issues
- awareness of, for example, proper diet, fitness routines, and sustainable activities

Key questions:

- Where can I find resources to try the activities I'm interested in?
- What activities are available in my community?