

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 • Demonstrate reasoned decision-making related to their personal health and well-being <p>Safety</p> <ul style="list-style-type: none"> • Explain how proper technique and use of equipment reduces the chance of injury • Demonstrate safe and appropriate participation in physical activities <p>Participation</p> <ul style="list-style-type: none"> • Engage in a variety of recreational activities in different environments • Overcome potential barriers to participation in physical activities • Refine strategies to effectively participate in a variety of physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity <p>Leadership</p> <ul style="list-style-type: none"> • Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership • Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred 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 • recreational resources available in the community

Curricular Competencies – Elaborations

- **reasoned decision-making:** for example:
 - choosing to eat healthy foods, get regular physical activity, participate safely in activities
 - recognizing the impact of physical activity on mental well-being
- **physical activity and recreation leadership:**
 - Encourage students to volunteer in physical activity programs at a local school or community centre, where they can apply knowledge and skills from their certification programs to relevant situations (e.g., officiating, coaching, training).
 - Have students promote and coordinate a school recreational or sports activity (e.g., intramural program, extracurricular event).

Content – Elaborations

- **safety and 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:** for example:
 - warmup, stretching, cardiovascular work
 - safe use of space
 - safe use of equipment
 - appropriate use of body mechanics
 - cool-down (where appropriate)
- **recreational resources:** could include:
 - community recreational facilities
 - local recreational sports leagues
 - recreational events (e.g., 10k run, 3-on-3 basketball tournaments)
 - parks and other outdoor activity locations
 - indoor activity centres (e.g., trampoline park, gymnastics centre)