

Physical Education 9

Foundational Outcomes

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Students will be expected to:

ACTIVE FOR LIFE

A9.1 analyze and evaluate SMART goals for their health-related physical fitness, and evaluate the behaviours related to a peer's SMART goals through a case-study approach

A9.2 analyze and evaluate the impact of their participation in physical activities at moderate to vigorous intensities on the global community

A9.3 design a personal plan of action to maintain or improve physical activity participation in and away from school

A9.4 evaluate ways to manage risk while being physically active in various settings

SKILL AND MOVEMENT CONCEPTS

B9.1 demonstrate competency in skill combinations and movement concepts within dance, educational gymnastics, games, and active pursuits

B9.2 demonstrate competency in locomotor skills, skill combinations, and movement concepts while applying various strategies

B9.3 demonstrate understanding of how skills, skill combinations, and movement concepts experienced during physical education are transferred to physical activities that interest them away from school

B9.4 evaluate decision-making skills while applying skills, skill combinations, and movement concepts during different types of physical activities as adaptations are placed on settings, space, time, rules, and tasks

LIFE SKILLS

C9.1 apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community

C9.2 evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice

C9.3 evaluate their collaboration skills, behaviours that promote fairness, and their impact on self