

Physically Active Living 11

Outcomes

Website References

Website references contained within this document are provided solely as a convenience and do not constitute an endorsement by the Department of Education of the content, policies, or products of the referenced website. The department does not control the referenced websites and subsequent links, and is not responsible for the accuracy, legality, or content of those websites. Referenced website content may change without notice.

Regional Education Centres and educators are required under the Department's Public School Programs Network Access and Use Policy to preview and evaluate sites before recommending them for student use. If an outdated or inappropriate site is found, please report it to <curriculum@novascotia.ca>.

Physically Active Living 11

© Crown copyright, Province of Nova Scotia, 2015, 2019

Prepared by the Department of Education and Early Childhood Development

This is the most recent version of the current curriculum materials as used by teachers in Nova Scotia.

The contents of this publication may be reproduced in part provided the intended use is for non-commercial purposes and full acknowledgment is given to the Nova Scotia Department of Education.

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