**Area of Learning: PHYSICAL AND HEALTH EDUCATION — Active Living Grade 11**

**BIG IDEAS**

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| 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**

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| **Curricular Competencies** | **Content** |
| *Students are expected to be able to do the following:*  Health and well-being   * 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   Safety   * Demonstrate **safety, fair play, and leadership** in physical activities * Explain how the use of proper techniques prevents injury   Participation   * 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 | *Students are expected to know the following:*  Health and well-being   * 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   Safety   * physical activity safety and**etiquette** * **injury prevention and management**   Participation   * 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** |