**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**
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