**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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|  **PHYSICAL HEALTH EDUCATION – Active LivingCurricular Competencies – Elaborations Grade 11** |
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| * **motivational factors:**

*Key questions:** + What physical activities am I passionate about?
	+ Could I do these activities after I finish secondary school?
	+ Do I prefer doing individual, team, or group-based activities?
* **safety, fair play, and leadership:**
	+ consistently respecting and following all rules
	+ competing fairly (e.g., using talent and ability to play their best, following both the spirit and the letter of the rules, demonstrating self-officiating)
	+ demonstrating respect for their own and others’ individual abilities
	+ demonstrating emotional self-control (e.g., being a gracious winner or loser)
	+ volunteering in class
	+ encouraging others
	+ leading warmup or cool-down activities
	+ helping set up or take down equipment
	+ officiating
	+ mentoring others
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|  **PHYSICAL HEALTH EDUCATION – Active LivingContent – Elaborations Grade 11** |
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| * **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:**
	+ following personal safety practices during physical activity (e.g., respecting their own and others’ abilities and limits, wearing appropriate clothing and footwear, following instructions)
	+ applying rules and guidelines for participating safely in specific activities (e.g., wearing hockey helmet and pads, checking that the field is clear before shooting an arrow or tossing a discus, using a spotter for gymnastics or rock-climbing)
	+ modelling safety procedures for others
	+ applying principles of first aid (e.g., knowing how to access first aid and other emergency assistance, taking first aid training)
	+ participating in warmup and cool-down activities
* **barriers to participation:**
	+ money
	+ time
	+ available facilities and activities in your community
	+ health issues
	+ awareness of, for example, proper diet, fitness routines, and sustainable activities

*Key questions:** + Where can I find resources to try the activities I’m interested in?
	+ What activities are available in my community?
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