**Area of Learning: PHYSICAL AND HEALTH EDUCATION — Active Living Grade 12**

**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
* Demonstrate **reasoned decision-making** related to their personal health and well-being

Safety* Explain how proper technique and use of equipment reduces the chance of injury
* Demonstrate safe and appropriate participation in physical activities

Participation* Engage in a variety of recreational activities in different environments
* Overcome potential barriers to participation in physical activities
* Refine strategies to effectively participate in a variety of physical activities
* Apply methods of monitoring and adjusting exertion levels in physical activity

Leadership* Demonstrate competencies and problem-solving strategies required for **physical activity and recreation leadership**
* Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred 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 andetiquette**
* **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
* **recreational resources** available in the community
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|  **PHYSICAL HEALTH EDUCATION – Active LivingCurricular Competencies – Elaborations Grade 12** |
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| * **reasoned decision-making:** for example:
	+ choosing to eat healthy foods, get regular physical activity, participate safely in activities
	+ recognizing the impact of physical activity on mental well-being
* **physical activity and recreation leadership:**
	+ Encourage students to volunteer in physical activity programs at a local school or community centre, where they can apply knowledge and skills from their certification programs to relevant situations (e.g., officiating, coaching, training).
	+ Have students promote and coordinate a school recreational or sports activity (e.g., intramural program, extracurricular event).
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|  **PHYSICAL HEALTH EDUCATION – Active LivingContent – Elaborations Grade 12** |
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| * **safety and 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:** for example:
	+ warmup, stretching, cardiovascular work
	+ safe use of space
	+ safe use of equipment
	+ appropriate use of body mechanics
	+ cool-down (where appropriate)
* **recreational resources:** could include:
	+ community recreational facilities
	+ local recreational sports leagues
	+ recreational events (e.g., 10k run, 3-on-3 basketball tournaments)
	+ parks and other outdoor activity locations
	+ indoor activity centres (e.g., trampoline park, gymnastics centre)
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