

## BIG IDEAS

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

| Curricular Competencies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><i>Students are expected to be able to do the following:</i></p> <p><b>Health and well-being</b></p> <ul style="list-style-type: none"> <li>Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities</li> <li>Demonstrate <b>reasoned decision-making</b> related to their personal health and well-being</li> </ul> <p><b>Safety</b></p> <ul style="list-style-type: none"> <li>Explain how proper technique and use of equipment reduces the chance of injury</li> <li>Demonstrate safe and appropriate participation in physical activities</li> </ul> <p><b>Participation</b></p> <ul style="list-style-type: none"> <li>Engage in a variety of recreational activities in different environments</li> <li>Overcome potential barriers to participation in physical activities</li> <li>Refine strategies to effectively participate in a variety of physical activities</li> <li>Apply methods of monitoring and adjusting exertion levels in physical activity</li> </ul> <p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>Demonstrate competencies and problem-solving strategies required for <b>physical activity and recreation leadership</b></li> <li>Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities</li> </ul> | <p><i>Students are expected to know the following:</i></p> <p><b>Health and well-being</b></p> <ul style="list-style-type: none"> <li>the role of nutrition and how it can affect health and performance</li> <li>potential short- and long-term consequences of health decisions</li> <li>benefits of physical activities for health and mental well-being</li> </ul> <p><b>Safety</b></p> <ul style="list-style-type: none"> <li>physical activity <b>safety and etiquette</b></li> <li><b>injury prevention and management</b></li> </ul> <p><b>Participation</b></p> <ul style="list-style-type: none"> <li>proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills</li> <li>ways to monitor and adjust physical exertion levels</li> <li>rules and guidelines for different types of sports and activities</li> <li><b>recreational resources</b> available in the community</li> </ul> |

Curricular Competencies – Elaborations

- **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).

Content – Elaborations

- **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)