

Physical Education 10 – Specific Outcomes



General Outcome A: Activity

A10–

Basic Skills

- 1 apply and refine locomotor skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 2 N/A
- 3 apply and refine nonlocomotor skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 4 N/A
- 5 apply and refine manipulative skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 6 N/A

Application of Basic Skills

- 7 adapt and improve activity-specific skills in a variety of environments; e.g., camping, canoeing, survival skills
- 8 apply the principles of dance to improve performance
- 9 choreograph and perform dances for self and others; e.g., jazz, social and novelty
- 10 adapt and improve activity-specific skills in a variety of games
- 11 select, plan and create games that incorporate simple and more challenging strategies and tactics
- 12 apply the basic skills in combination with each other with personal proficiency in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic
- 13 adapt and improve activity-specific skills in a variety of individual pursuits; e.g., resistance training, aerobics



General Outcome B: Benefits Health

B10–

Functional Fitness

- 1 design, analyze and modify nutrition programs that will positively affect performance in physical activity
- 2 demonstrate, monitor, analyze and reflect upon ways to achieve a personal functional level of physical fitness
- 3 plan, assess and maintain personal fitness, using the principles of training: frequency, intensity, duration

Body Image

- 4 acknowledge and analyze the media and peer influences on body image
- 5 discuss the effects of performance-enhancing substances on body type and body image as a part of physical activity

Well-being

- 6 clarify the positive benefits that occur as a result of participation in physical activity
- 7 understand the consequences and risks associated with an inactive lifestyle; e.g., the benefits of a healthy heart versus the need for emergency cardiac care (CPR)

- 8 select and perform appropriate physical activities for personal stress management and relaxation



General Outcome C: Cooperation

C10–

Communication

- 1 communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity
- 2 discuss issues related to positive athletic/active living role models

Fair Play

- 3 demonstrate etiquette and fair play

Leadership

- 4 describe, apply, monitor and assess leadership and followership skills related to physical activity

Teamwork

- 5 develop and apply practices that contribute to teamwork
- 6 identify and demonstrate positive behaviours that show respect for self and others



General Outcome D: Do it Daily...for Life!

D10–

Effort

- 1 demonstrate a commitment to an active lifestyle through participation in and out of class
- 2 develop a personal plan that is self-motivating and encourages ongoing participation

Safety

- 3 select and apply rules, routines and procedures of safety in a variety of activities
- 4 analyze, design and assess warm-up and cool-down activities
- 5 define and understand first aid principles and survival skills, including cardiopulmonary resuscitation (CPR), as they relate to physical activity; e.g., aquatics; and, demonstrate responsibility for actions taken to address immediate and potential hazards that might affect self and others

Goal Setting/Personal Challenge

- 6 analyze current physical activity lifestyles and establish personally challenging goals to maintain participation for life
- 7 N/A

Active Living in the Community





- 8 investigate participation in community activity programs for all ages and the influences that affect participation
- 9 demonstrate decision-making skills that reflect choices for daily activity within the school and the community

Physical Education Lesson

Grade: _____

Unit: _____

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General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily... For Life			
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community

Introduction/Warm Up

**Assessment/Evaluation/
Comments**

Learning Activities/Teaching Strategies

Closure/Cool Down

Equipment	Safety Considerations

Physical Education 20 – Specific Outcomes



General Outcome A: Activity

A20–

Basic Skills

- 1 analyze, evaluate and modify performance of locomotor skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 2 N/A
- 3 analyze, evaluate and modify performance of nonlocomotor skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 4 N/A
- 5 analyze, evaluate and modify performance of manipulative skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 6 N/A

Application of Basic Skills

- 7 develop and combine more challenging activity-specific skills in a variety of environments; e.g., snorkelling progressing to scuba diving
- 8 develop and perform more complex dances
- 9 choreograph, perform and interpret dance for self and others; e.g., jazz, social and novelty
- 10 develop and refine activity-specific skills in a variety of games
- 11 apply the relationship among skills, rules and strategies in the creation and playing of games
- 12 apply a combination of the basic skills in a variety of gymnastic and movement experiences individually, with a partner, or in a group
- 13 develop and combine more challenging activity-specific skills in a variety of individual pursuits; e.g., self defense



General Outcome B: Benefits Health

B20–

Functional Fitness

- 1 compare and contrast different nutrition programs that will positively effect performance in physical activity; e.g., pre- and post-competition
- 2 add to the variety of ways for achieving a personal functional fitness level
- 3 plan, assess and maintain personal fitness, using the principles of training: progression, overload and specificity

Body Image

- 4 interpret the impact of the media and peer influences on body image
- 5 discuss the effects of performance-enhancing substances on body type and body image as a part of physical activity

Well-being

- 6 analyze the positive benefits gained from physical activity
- 7 understand the consequences and risks associated with an inactive lifestyle
- 8 design and implement a plan for personal stress management



General Outcome C: Communication

C20–

Communication

- 1 communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity
- 2 demonstrate an understanding of behaviour appropriate to positive active living role modelling

Fair Play

- 3 demonstrate etiquette and fair play

Leadership

- 4 apply, monitor and assess leadership and followership skills related to physical activities, and demonstrate an understanding of leadership skills related to implementing physical activity events or programs in the school and/or community

Teamwork

- 5 develop and apply practices that contribute to teamwork
- 6 identify and demonstrate positive behaviours that show respect for self and others



General Outcome D: Do it Daily for Life

D20–

Effort

- 1 model an active lifestyle
- 2 refine a personal plan that is self-motivating and encourages ongoing participation

Safety

- 3 develop and apply safety standards and rules in a variety of activities
- 4 analyze, design and assess warm-up and cool-down activities
- 5 demonstrate first aid principles and survival skills as they relate to physical activity; e.g., camping; and, identify and analyze potential hazards that might affect self and others

Goal Setting/Personal Challenge

- 6 determine short- and long-term activity goals and a timeline for their attainment that will continue to provide personal challenges
- 7 N/A

Active Living in the Community





- 8 perform service, leadership and volunteer work related to physical activity, in the school and/or community
- 9 evaluate the issues that affect decision making in relation to being active daily

Physical Education Lesson

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Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community

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Comments**

Learning Activities/Teaching Strategies

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Equipment	Safety Considerations

Physical Education 30 – Specific Outcomes



General Outcome A: Activity

A30– Basic Skills

- 1 analyze, evaluate and adapt performance of locomotor skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 2 N/A
- 3 analyze, evaluate and adapt performance of nonlocomotor skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 4 N/A
- 5 analyze, evaluate and adapt performance of manipulative skills and concepts—effort, space and relationships—to perform and create a variety of activities to improve personal performance
- 6 N/A

Application of Basic Skills

- 7 recommend and relate a choice of activity-specific skills in an alternative environment to meet activity goal; e.g., river canoeing versus flat water canoeing
- 8 develop, refine and perform more complex dances
- 9 choreograph, perform and critique dance for self and others; e.g., jazz, social and novelty
- 10 develop and further refine activity-specific skills in a variety of games
- 11 apply and analyze the relationship among skills, rules and strategies in the creation and playing of games
- 12 refine and transfer the basic skills in a variety of gymnastic and movement experiences individually, with a partner, or in a group
- 13 recommend a choice of activity-specific skills in pursuing lifelong individual activities; e.g., cycling



General Outcome B: Benefits Health

B30– Functional Fitness

- 1 design and justify nutrition plans that will positively affect performance for a variety of physical activities; e.g., triathlon training versus fitness maintenance
- 2 appraise different activities and their effects on a personal functional level of fitness
- 3 evaluate, monitor and adapt fitness plans for self and others, applying the principles of training

Body Image

- 4 interpret and evaluate the impact of the media and peer influences on body image
- 5 discuss the effects of performance-enhancing substances on body type and body image as a part of physical activity

Well-being

- 6 predict the positive benefits gained from physical activity
- 7 understand the consequences and risks associated with an inactive lifestyle
- 8 monitor and evaluate the plan for personal stress management



General Outcome C: Communication

C30– Communication

- 1 communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity
- 2 discuss issues related to active living

Fair Play

- 3 demonstrate etiquette and fair play

Leadership

- 4 apply, monitor and assess leadership and followership skills related to physical activities, and demonstrate an understanding of leadership skills related to implementing physical activity events or programs in the school and/or community

Teamwork

- 5 develop and apply practices that contribute to teamwork
- 6 identify and demonstrate positive behaviours that show respect for self and others



General Outcome D: Do it Daily for Life

D30– Effort

- 1 model an active lifestyle
- 2 recommend future changes and modifications to one's personal plan to maintain a healthy, active lifestyle

Safety

- 3 develop and apply safety standards and rules in a variety of activities
- 4 analyze, design and assess warm-up and cool-down activities
- 5 apply the use of first aid principles and survival skills as they relate to physical activity; e.g., athletic training; and, recommend actions that will minimize potential hazards to self and others

Goal Setting/Personal Challenge

- 6 evaluate and revise short- and long-term activity goals that will continue to provide personal challenges
- 7 N/A

Active Living in the Community





- 8 perform service, leadership and volunteer work related to physical activity, in the school and/or community
- 9 develop strategies to offset influences that limit involvement in physical activity

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