# Grade 4 – Specific Outcomes



## General Outcome A: Activity

	<del></del>	- <del></del>
	Bas	ic Skills
	1 2	select, perform and refine simple locomotor sequences consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance
	3	select, perform and refine simple nonlocomotor sequences
	4	consistently and confidently perform nonlocomotor skills by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance
	5	select, perform and refine ways to receive, retain and send an object with control
	6	consistently and confidently perform manipulative skills by using elements of body and space awareness, effort and relationship
_	App	olication of Basic Skills
Ш	7	select, perform and refine basic skills in a variety of environments and using various equipment; e.g., water safety, skating, swimming
	8	select, perform and refine basic dance steps and patterns; e.g., creative, folk, line, sequence and
	9	novelty, alone and with others demonstrate a creative process to develop dance sequences alone and with others
	10	demonstrate critical thinking and problem-solving skills to modify games and achieve activity outcomes
	11	demonstrate strategies and tactics that coordinate effort with others; e.g., team, in order to achieve a common activity goal in lead-up games
	12	select, perform and refine the basic skills in educational gymnastics, e.g., use of different body parts, types of effort, space and relationships to
	13	develop a sequence select, perform and refine basic skills in individual activities; e.g., cross country running
	9	General Outcome B: Benefits Health
	<b>B4</b> –	
	Fun 1	identify the nutritional needs related to physical
	2	activity demonstrate and describe ways to achieve a personal functional level of physical fitness through
	3	participation in physical activity experience movement, involving components of fitness

General Outcome C: Communication  C4— Communication  1 articulate and demonstrate respectful communication skills appropriate to context  2 N/A Fair Play  3 identify and demonstrate etiquette and fair play Leadership  4 select and demonstrate responsibility for assigned roles while participating in physical activity; and, accept ideas from others that relate to changing/adapting, movement experiences  Teamwork  5 participate cooperatively in group activities  identify and demonstrate positive behaviours that show respect for self and others  General Outcome D: Do it Daily for Life  D4— Effort  1 demonstrate a willingness to participate regularly in physical education class  2 demonstrate factors that encourage movement Safety  3 follow rules, routines and procedures for safety in a variety of activities  4 participate in, and identify the benefits of, safe warm up and cool-down activities  5 describe how to move safely in various environments e.g., skating rink Goal Setting/Personal Challenge  6 set and achieve a long-term goal to increase effort an participation in one area of physical activity		
other attributes that contribute to physical activity    5	_ Bo	
5 N/A   Well-being	<u> </u>	
Well-being  □ 6 describe positive benefits gained from physical activity; e.g., physically, emotionally, socially  □ 7 demonstrate changes that take place in the body during physical activity  □ 8 understand the connection between physical activity, stress management and relaxation  □ 1 articulate and demonstrate respectful communication skills appropriate to context  □ 2 N/A  Fair Play  □ 3 identify and demonstrate etiquette and fair play Leadership  □ 4 select and demonstrate responsibility for assigned roles while participating in physical activity; and, accept ideas from others that relate to changing/adapting, movement experiences  Teamwork  □ 5 participate cooperatively in group activities  □ 6 identify and demonstrate positive behaviours that show respect for self and others  General Outcome D: Do it Daily for Life  D4-  Effort  □ 1 demonstrate a willingness to participate regularly in physical education class  □ 2 demonstrate factors that encourage movement  Safety  □ 3 follow rules, routines and procedures for safety in a variety of activities  □ 4 participate in, and identify the benefits of, safe warm up and cool-down activities  □ 5 describe how to move safely in various environments e.g., skating rink  Goal Setting/Personal Challenge  □ 6 set and achieve a long-term goal to increase effort an participation in one area of physical activity		± •
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		set and achieve a long-term goal to increase effort and
7 1 1:00		participation in one area of physical activity
	7	demonstrate different ways to achieve an activity goal
	A ~	
☐ 8 identify how people facilities and communities	υσ	influence physical activity
7 demonstrate different ways to achieve an activity go that is personally challenging  Active Living in the Community		demonstrate different ways to achieve an activity go that is personally challenging
□ 0 14	Пβ	
identify how people, facilities and communities influence physical activity		minutine prijateur deuritj

make decisions to be active within group activities or

individually

## **Physical Education Lesson**

Frade:			Unit:					_		Date:			
General Outcomes	A	Activities	Bene	A efits Hea	lth			Do It DailyFor Life					
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well- being	Communi- cation	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community
Introdu	iction/	Warm Up								A		ent/Evalu	
Learnir	ng Act	ivities/Teac	ching Str	ategies									
Closure	e/Cool	Down											
Equipn	nent					Safety Co	onsidera	ations					

## Grade 5 - Specific Outcomes



## **General Outcome A: Activity**

A 5-

Basi	ic Skills
	select, perform and refine more challenging locomotor sequences
_ 2	consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to
	improve personal performance
<u></u> 3	select, perform and refine more challenging nonlocomotor sequences
<u> </u>	consistently and confidently perform nonlocomotor skills by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal
<u></u>	performance select, perform and refine more challenging ways to receive, retain and send an object with control
□ 6	consistently and confidently perform manipulative skills using elements of body and space awareness, effort and
<b>A</b>	relationship lication of Basic Skills
☐ 7	select, perform and refine more challenging basic skills in a variety of environments and using various equipment; e.g., cross-country skiing, orienteering
$\square$ 8	demonstrate a variety of dances; e.g., creative, folk, line,
<u> </u>	sequence and novelty, alone and with others demonstrate a creative process to develop dance sequences alone and with others; and, demonstrate movement
□ 10	sequences in response to a variety of musical, verbal and visual stimuli
	apply critical thinking and problem-solving skills to create competitive and cooperative modified games that involve everyone
∐ 11	demonstrate basic strategies and tactics that coordinate effort with others; e.g., team, in order to achieve a common activity goal in lead-up games
<u>12</u>	apply and refine basic skills and elements of body and space awareness, effort and relationships together to form a variety of more challenging gymnastic sequences individually, with a partner, or in a group; e.g., educational, rhythmic gymnastics
<u> </u>	select, perform and refine more challenging basic skills in individual activities; e.g., hacky sack
9	General Outcome B: Benefits Health
B5-	
	ctional Fitness
$\Box$ <sup>1</sup>	explain the relationship between nutritional habits and
□ 2	physical activity demonstrate and select ways to achieve a personal functional level of physical fitness through participation in physical
□ 3	activity identify and explain the importance of the components of fitness to health and well-being; e.g., strength, endurance, flexibility, cardio-respiratory activities

	shapes and how different body types contribute to positive
	involvement in physical activities
□ 5	N/A
We	ll-being
□ 6	infer positive benefits gained from specific physical activities
□ 7	describe how physical activity influences physical fitness and the body systems
8	understand the connection between physical activity, stress management and relaxation

acknowledge and accept individual differences in body



### **General Outcome C: Communication**

## C5-

#### Communication

1	identify and demonstrate respectful communication skills
	appropriate to cooperative participation in physical activity
$\neg$	N/A

## Fair Play

3 demonstrate etiquette and fair play

### Leadership

4 select and demonstrate responsibility for various roles while participating in physical education; and, accept ideas from others that relate to changing/adapting, movement experiences

#### **Teamwork**

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



## General Outcome D: Do if Daily for Life

## D5-

## **Effort**

- 1 participate regularly in physical activity to develop components of health-related fitness and movement skills
- 2 demonstrate factors that encourage movement

### Safety

- 3 identify and follow rules, routines and procedures for safety in a variety of activities
- aparticipate in, and identify the benefits of, safe warm-up and cool-down activities
- identify safe practices that promote an active, healthy lifestyle; e.g., water safety

## **Goal Setting/Personal Challenge**

- set goals to improve personal performance based on interests and abilities
- 7 demonstrate different ways to achieve an activity goal that is personally challenging

### **Active Living in the Community**

- 8 create a strategy to promote participation in physical activity within the school and the community
- 9 identify factors made to be active within group or individual activities on a daily basis

## **Physical Education Lesson**

Grade:			Unit:					_	Date:					
General Outcomes Activities			Bene	A efits Hea	lth			Do It DailyFor Life						
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well- being	Communi- cation	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community	
Learnin	g Acti	Warm Up ivities/Teac	ching Str	ategies						A		ent/Evalu	ation/	
Closure	/Cool	Down												
Equipm	ent					Safety Co	onsidera	ntions						

# Grade 6 – Specific Outcomes



## General Outcome A: Activity

	<b>~</b>
=	Anto
A	
	sic Skills
	select, perform and refine challenging locomotor sequences
2	consistently and confidently perform locomotor skills and
	combination of skills, by using elements of body and space
	awareness, effort and relationships, alone and with others, t
	improve personal performance
∐ 3	select, perform and refine challenging nonlocomotor
$\Box$ 4	sequences
<u> </u>	consistently and confidently perform nonlocomotor skills b
	using elements of body and space awareness, effort and
	relationships, to improve personal performance
∐ 5	demonstrate ways to receive, retain and send an object with
	increasing accuracy
∐ 6	consistently and confidently perform manipulative skills
	using elements of body and space awareness, effort and
	relationship
	oplication of Basic Skills
∐ 7	select, perform and refine more challenging basic skills in a
	variety of environments and using various equipment; e.g.,
	downhill skiing, hiking
∐ 8	demonstrate and refine a variety of dances; e.g., creative,
	folk, line, square and novelty, alone and with others
∐ 9	demonstrate a creative process to develop dance sequences
	alone and with others; and, demonstrate movement
	sequences in response to a variety of musical, verbal and
_	visual stimuli
∐ 10	1 1
_	cooperative modified games that involve everyone
∐ 11	demonstrate basic strategies and tactics that coordinate
	effort with others; e.g., team, in order to achieve a common
_	activity goal and moving toward more formal games
	71
	and space awareness, effort and relationships together to
	form a variety of more challenging gymnastic sequences
	individually, with a partner, or in a group; e.g., educational,
	rhythmic gymnastics
<u> </u>	demonstrate activity specific skills in a variety of individua
	activities; e.g., track and field/athletics
	•
•	General Outcome B: Benefits Health
•	<b>M</b>
_	$\wedge$
_	cols rule
Be	<b>-</b>
Fι	nctional Fitness
	explain the relationship between nutritional habits and
	performance in physical activity
$\square$ 2	demonstrate and select ways to achieve a personal function
	level of physical fitness through participation in physical
	activity
☐ 3	explain the components of fitness; e.g., strength, endurance
	flexibility, cardio-respiratory activities, and relate these to
	personal fitness level

	Rod	y Image
	4	acknowledge and accept individual differences in body
		shapes and how different body types contribute to positive
	5	involvement in physical activities N/A
ш		l-being
П	6	identify and plan for personal positive benefits from specific
		physical activity
	7	describe and chart individual fitness changes as a result of
_		engaging in physical activity
Ш	8	understand the connection between physical activity, stress
		management and relaxation
		General Outcome C: Communication
	C6-	nmunication
	1	identify and demonstrate respectful communication skills
ш	-	appropriate to various physical activities and that reflect
		feelings, ideas and experiences
	2	N/A
		·Play
Ш	3	demonstrate etiquette and fair play
	Lea 4	dership identify and then take responsibility for various roles while
	4	participating in physical activity; and, identify leadership
		and followership skills used while participating in physical
		education
	Tea	mwork
	5	describe and demonstrate practices that contribute to
		teamwork
	6	identify and demonstrate positive behaviours that show
	6	
	6	identify and demonstrate positive behaviours that show
	6	identify and demonstrate positive behaviours that show respect for self and others
	6 1	identify and demonstrate positive behaviours that show
	6 <b>j</b>	identify and demonstrate positive behaviours that show respect for self and others
	6  D6-	identify and demonstrate positive behaviours that show respect for self and others  General Outcome D: Do it Daily for Life
	D6- Effo	identify and demonstrate positive behaviours that show respect for self and others  General Outcome D: Do it Daily for Life ort
	<b>1</b> D6-	identify and demonstrate positive behaviours that show respect for self and others  General Outcome D: Do it Daily for Life  ort demonstrate enjoyment of participation through extended
	<b>1 D6</b> - <b>Eff</b> c 1	General Outcome D: Do it Daily for Life  ort demonstrate enjoyment of participation through extended effort in physical activity
	D6- Effo	General Outcome D: Do it Daily for Life  ort demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage
	<b>1 D6</b> - <b>Eff</b> c 1	General Outcome D: Do it Daily for Life  ort demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation
	<b>D6</b> - <b>Eff</b> 0 1 2	General Outcome D: Do it Daily for Life  ort demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation
	D6- Effo 1 2 Safe	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all
	D6- Effo 1 2 Safe 3	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions
	D6- Effo 1 2 Safe	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation  ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up
	D6- Effc 1 2 Safe 3	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities
	D6- Effo 1 2 Safe 3	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities select simple, safe practices that promote an active, healthy
	D6- Effect 1 2 Safet 3	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation  ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating
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	D6- Effo 1 2 Safe 3	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating I Setting/Personal Challenge set and modify goals to improve personal performance based on interests and abilities
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	D6- Effo 1 2 Safe 3 4 5 Goa 6 7	General Outcome D: Do it Daily for Life  Ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation  ety  identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating al Setting/Personal Challenge set and modify goals to improve personal performance based on interests and abilities analyze and create different ways to achieve an activity goal that is personally challenging
	D6- Effo 1 2 Safe 3 4 5 Goa 6 7 Acti	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  Ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating I Setting/Personal Challenge set and modify goals to improve personal performance based on interests and abilities analyze and create different ways to achieve an activity goal that is personally challenging the Living in the Community
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	D6- Effo 1 2 Safe 3 4 5 Goa 6 7 Acti 8	General Outcome D: Do it Daily for Life  General Outcome D: Do it Daily for Life  Ort  demonstrate enjoyment of participation through extended effort in physical activity identify and demonstrate strategies that encourage participation and continued motivation ety identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions participate in, and demonstrate the benefits of, safe warm-up and cool-down activities select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating I Setting/Personal Challenge set and modify goals to improve personal performance based on interests and abilities analyze and create different ways to achieve an activity goal that is personally challenging the Living in the Community examine factors that influence community decisions to

## **Physical Education Lesson**

rade:			Unit:					_		Date:				
General Outcomes	A	activities	Bene	A efits Heal	lth			eration						
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well- being	Communi- cation	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community	
Introdu	ction/	Warm Up								A		ent/Evalu		
Learnin	g Act	ivities/Teac	ching Str	ategies										
Closure	/Cool	Down												
Equipm	ent					Safety Co	onsidera	ations						