

Grade 7 – Specific Outcomes



General Outcome A: Activity

A7– Basic Skills

- 1 demonstrate ways to improve and refine the functional and expressive quality of locomotor skills to improve personal performance
- 2 demonstrate locomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance
- 3 demonstrate ways to improve and refine the functional and expressive quality of nonlocomotor skills to improve personal performance
- 4 demonstrate nonlocomotor skills by 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 varying speeds and accuracy in skills specific to an activity
- 6 demonstrate manipulative skills by using elements of space awareness, effort and relationships, with and without objects to improve performance

Application of Basic Skills

- 7 demonstrate activity-specific skills in a variety of environments and using various equipment; e.g., orienteering
- 8 refine and present a variety of dance sequences; e.g., folk, square, social and novelty, alone and with others
- 9 choreograph and perform dance sequences, using the elements of movement and basic dance steps and patterns
- 10 demonstrate activity-specific basic skills in a variety of games
- 11 demonstrate more challenging strategies and tactics that coordinate effort with others; e.g., team/fair play, in order to achieve a common goal activity
- 12 demonstrate ways to improve and refine the functional and expressive qualities of movements that combine basic skills in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic
- 13 demonstrate activity-specific skills in a variety of individual pursuits; e.g., power walk



General Outcome B: Benefits Health

B7– Functional Skills

- 1 analyze personal nutritional habits and how they relate to performance in physical activity
- 2 demonstrate and evaluate ways to achieve a personal functional level of physical fitness
- 3 explain the components of fitness; e.g., strength, endurance, flexibility, cardio-respiratory activity, analyze individual abilities, and formulate an individual plan for growth

Body Image

- 4 identify different body types and how all types can contribute to, or participate positively in, physical activity
- 5 discuss performance-enhancing substances as a part of negative effect on physical activity

Well-being

- 6 identify and explain the effects of exercise on the body systems before, during and after exercise
- 7 interpret personal fitness changes as a result of physical activity
- 8 understand the connection between physical activity, stress management and relaxation



General Outcome C: Communication

C7– Communication

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

Fair Play

- 3 demonstrate etiquette and fair play

Leadership

- 4 identify and then take responsibility for various roles while participating in physical activity; and, identify the leadership and followership skills used while participating in physical education

Teamwork

- 5 select 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

D7– Effort

- 1 participate regularly in, and identify the benefits of, an active lifestyle
- 2 identify and demonstrate strategies that encourage participation and continued motivation

Safety

- 3 identify, describe and follow the rules, routines and procedures for safety in a variety of activities in all dimensions
- 4 explain the benefits of, and demonstrate safe, warm-up and cool-down activities
- 5 recommend safe movement experiences that promote an active, healthy lifestyle; e.g., protective equipment for in-line skating, ball hockey

Goal Setting/Personal Challenge

- 6 record and analyze personal goals based on interests and abilities
- 7 evaluate different ways to achieve an activity goal, and determine a personal approach that is challenging

Active Living in the Community





- 8 identify local community programs that promote physically active lifestyles
- 9 identify factors that affect choices of daily physical activity for life, and create personal strategies to overcome barriers

Physical Education Lesson

Grade: _____

Unit: _____

Date: _____

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

Grade 8 – Specific Outcomes



General Outcome A: Activity

A8–

Basic Skills

- 1 select, combine and perform specific locomotor skills in a variety of activities to improve personal performance
- 2 select, combine and perform locomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance
- 3 select, combine and perform specific nonlocomotor skills in a variety of activities to improve personal performance
- 4 select, combine and perform nonlocomotor skills by 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 varying speeds, accuracy and distance in skills specific to an activity
- 6 select, combine and perform manipulative skills by using elements of space awareness, effort and relationships, with and without objects to improve performance

Application of Basic Skills

- 7 apply activity-specific skills in a variety of environments and using various equipment; e.g., cross-country skiing, skating
- 8 select, refine and present a variety of dance sequences; e.g., jazz, square, social and novelty, alone and with others
- 9 choreograph and perform dance sequences, using the elements of movement and basic dance steps and patterns
- 10 select, combine and perform activity-specific basic skills in a variety of games
- 11 be able to identify and evaluate specific strategies and tactics that coordinate effort with others; e.g., team/fair play, in order to achieve a common activity goal
- 12 select and perform ways to improve the functional and expressive qualities of movements, that combine basic skills in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic
- 13 select, perform and refine activity-specific skills in a variety of individual pursuits; e.g. wrestling



General Outcome B: Benefits Health

B8–

Functional Fitness

- 1 monitor and analyze a personal nutrition plan that affects physical performance
- 2 demonstrate and monitor ways to achieve a personal functional level of physical fitness
- 3 explain fitness components and principles of training, and formulate individual plans for personal physical fitness

Body Image

- 4 acknowledge the perceptions that occur as a result of media influence on body types in relation to physically active images
- 5 discuss performance-enhancing substances and how they can effect body type in relation to physical activity

Well-being

- 6 analyze the personal effects of exercise on the body systems before, during and after exercise
- 7 monitor, analyze and assess fitness changes as a result of physical activity
- 8 describe and perform appropriate physical activities for personal stress management and relaxation



General Outcome C: Communication

C8–

Communication

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

Fair Play

- 3 demonstrate etiquette and fair play

Leadership

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

Teamwork

- 5 recommend 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

D8–

Effort

- 1 participate regularly in, and identify and describe the benefits of, an active lifestyle
- 2 develop a personal plan that encourages participation and continued motivation

Safety

- 3 select and apply rules, routines and procedures for safety in a variety of activities
- 4 design and perform warm-up and cool-down activities
- 5 appraise or judge movement experiences for safety that promote an active, healthy lifestyle; e.g., safe use of equipment

Goal Setting/Personal Challenge

- 6 monitor, revise and refine personal goals based on interests and abilities
- 7 evaluate different ways to achieve an activity goal, and determine personal and team approaches that are challenging for both the individual and the group

Active Living in the Community





- 8 analyze community programs that promote a physically active lifestyle
- 9 analyze factors that affect choices of physical activity for life, and create personal strategies to overcome barriers

Physical Education Lesson

Grade: _____

Unit: _____

Date: _____

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

Introduction/Warm Up

Assessment/Evaluation/Comments

Learning Activities/Teaching Strategies

Closure/Cool Down

Equipment	Safety Considerations

Grade 9 – Specific Outcomes



General Outcome A: Activity

A9–

Basic Skills

- 1 apply and refine locomotor skills and concepts to a variety of activities with increased control to improve personal performance
- 2 apply and refine locomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance
- 3 apply and refine nonlocomotor skills and concepts to a variety of activities with increased control to improve personal performance
- 4 apply and refine nonlocomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance
- 5 apply and refine ways to receive, retain and send an object with increased speed, accuracy and distance in skills specific to an activity
- 6 apply and refine manipulative skills by using elements of space awareness, effort and relationships, with and without objects to improve performance

Application of Basic Skills

- 7 apply and refine activity-specific skills in a variety of environments; e.g., hiking, wall climbing
- 8 create, refine and present a variety of dance sequences; e.g., jazz, square, social and novelty, alone and with others
- 9 choreograph and perform dance sequences, using the elements of movement and basic dance steps and patterns
- 10 apply and refine activity-specific basic skills in a variety of games
- 11 create and plan activities that emphasize specific strategies and tactics that coordinate effort with others; e.g., team/fair play, in order to achieve a common activity goal
- 12 apply and refine ways to improve the functional and expressive qualities of movements, that combine basic skills in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic
- 13 apply and refine activity-specific skills in a variety of individual pursuits; e.g., fitness activities



General Outcome B: Benefits Health

B9–

Functional Fitness

- 1 design, monitor and personally analyze nutrition programs that will affect physical performance
- 2 demonstrate, monitor and analyze ways to achieve a personal functional level of physical fitness
- 3 design and implement a personal fitness and activity plan, 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 analyze and explain the effects that nutrition, fitness and physical activity have on body systems before, during and after exercise
- 7 monitor, analyze and assess fitness changes as a result of physical activity
- 8 select and perform appropriate physical activities for personal stress management and relaxation



General Outcome C: Communication

C9–

Communication

- 1 communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity
- 2 identify and discuss the positive behaviours that are demonstrated by active living role models

Fair Play

- 3 demonstrate etiquette and fair play

Leadership

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

Teamwork

- 5 develop 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

D9–

Effort

- 1 participate regularly in, and realize the benefits of, an active lifestyle
- 2 develop a personal plan that encourages participation and continued motivation

Safety

- 3 select and apply rules, routines and procedures for safety in a variety of activities from all movement dimensions
- 4 analyze, design and perform warm-up and cool-down activities
- 5 design safe movement experiences that promote an active, healthy lifestyle; e.g., student created games

Goal Setting/Personal Challenge

- 6 determine and articulate challenging personal and team goals based on interests and abilities
- 7 evaluate different ways to achieve an activity goal, and determine personal and team approaches that are challenging for both the individual and the group





Active Living in the Community

- 8 evaluate community programs that promote physically active lifestyles and how they meet local needs
- 9 develop strategies to counteract influences that limit involvement in physical activity

Physical Education Lesson

Grade: _____ Unit: _____

Date: _____

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

Introduction/Warm Up

Assessment/Evaluation/Comments

Learning Activities/Teaching Strategies

Closure/Cool Down

Equipment	Safety Considerations