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

**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** |
| *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 |

| **PHYSICAL HEALTH EDUCATION – Active Living Curricular Competencies – Elaborations Grade 12** |
| --- |
| * **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). |

x

| **PHYSICAL HEALTH EDUCATION – Active Living Content – Elaborations Grade 12** |
| --- |
| * **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) |