Grade 5 Physical & Health Ed

Curricular Competencies

Big Ideas

*Daily physical activity enables us to practice skillful movement and helps us develop personal fitness.

*Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle

*Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.

*Personal choices and social and environmental factors influence our health and well-being.

*Developing healthy relationships helps us feel connected, supported, and valued.

Content

	Physical Literacy					Health & Active Living						Social & Community				Mental Well-Being			
	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	Develop and apply a variety of movement concepts and strategies in different physical activities	Apply methods of monitoring and adjusting exertion levels in physical activity	Develop and demonstrate safety, fair play, and leadership in physical activities	Identify and describe preferred types of physical activity	Participate daily in physical activity designed to enhance and maintain health components of fitness	Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community	Analyze and describe the connections between eating, physical activity, and mental well-being	Describe the impacts of personal choices on health and well-being	Describe strategies for communicating medical concerns and getting help with health issues	Describe and apply strategies that promote a safe and caring environment	Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations	Describe and assess strategies for responding to discrimination, stereotyping, and bullying	Describe and apply strategies for developing and maintaining healthy relationships	Describe and apply strategies that promote a safe and caring environment	Describe and assess strategies for promoting mental well-being, for self and others	Describe and assess strategies for managing problems related to mental well-being and substance use, for others	Explore and describe strategies for managing physical, emotional, and social changes during puberty	Explore and describe how personal identities adapt and change in different settings and situations
proper technique for fundamental movement skills, including non-locomotor,locomotor, and manipulative skills																			
movement concepts andstrategies																			
ways to monitor and adjust physical exertion levels																			
how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games																			
training principlesto enhance personal fitness levels, including the FITT principle																			
benefits of physical activity and exercise																			
food choices to support active lifestyles and overall health																			
practices that promote health and well-being, including those that prevent communicable andnon-communicable illnesses																			
sources of health information and support services																			
strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings																			
factors influencing use ofpsychoactive substances, and potential harms																			
physical, emotional, and socialchanges that occur during puberty, including those involving sexuality and sexual identity, and changes to relationships																			