Grade 8 Physical & Health Ed

Curricular Competencies

Big Ideas

*Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
*Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
*Healthy choices influence our physical, emotional, and mental well-being.
*Healthy relationships can help us lead rewarding and fulfilling lives.
*Advocating for the health and well-being of others connects us to our community.

Content

	Physical Literacy					Health & Active Living							Social & Community				Mental Well-Being			
	Develop, refine, and apply 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 maintainhealth components of fitness	Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness	Develop strategies for promoting healthy eating choices in different settings	Assess factors that influence healthy choices and their potential health effects	Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour	Identify and apply strategies to pursue personal healthy-living goals	Reflect on outcomes of personal healthy-living goals and assess strategies used	Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations	Propose strategies for responding to discrimination, stereotyping, and bullying	Propose strategies for developing and maintaining healthy relationships	Create strategies for promoting the health and well-being of the school and community	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	Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence	Explore and describe the impact of transition and change on identities
proper technique for fundamental movement skills, including non-locomotor,locomotor, and manipulative skills																				
movement concepts and strategies																				
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, SAID principle, and specificity																				
effects of different types of physical activity on the body																				
healthy sexual decision making																				
marketing and advertising tactics aimed at children and youth, including those involving food and supplements																				
potential short & long-term consequences of health decisions, including nutrition, protection from sexually transmitted infections, & sleep routines																				
sources of health information																				
basic principles for responding to emergencies																				
strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings																				
consequences of bullying, stereotyping,and discrimination																				
media and social influences related to psychoactive substance use and potentially addictive behaviours																				
signs and symptoms of stress, anxiety, and depression																				
influences of physical,emotional, and social changes on identities and relationships																				