Grade 9 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	Propose healthy choices that support lifelong health and well-being	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	Analyze 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	Analyze strategies for promoting mental well-being, for self and others	Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others	Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence	Explore and describe factors that shape personal identities, including social and cultural factors
proper technique for fundamental movement skills including non-locomotor,locomotor, and manipulativeskills																			
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,SAID principle, and specificity																			
effects of different types of physical activity on the body																			
healthy sexual decision making																			
potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and 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																			
physical, emotional, and social aspects of 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																			