Grade 7 Physical & Health Ed

Curricular Competencies

		Physical Literacy					Health & Active Living							Social & Community				Mental Well-Being			
Big Ideas	*Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. *Physical literacy and fitness contribute to our success in and enjoyment of physical activity. *We experience many changes in our lives that influence how we see ourselves and others. *Healthy choices influence our physical, emotional, and mental well-being. *Learning about similarities and differences in individuals and groups influences community health.	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	Investigate and analyze influences on eating habits	Identify factors that influence healthy choices and explain their potential health effects	Assess and communicate health information for various health issues	Identify and apply strategies to pursue personal healthy-living goals	Reflect on outcomes of personal healthy-living goals and assess strategies used	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	Explore 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 the impact of transition and change on identities
Content	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																				
	factors that influence personal eating choices																				
	practices that reduce the risk of contracting sexually transmitted infections and life-threatening communicable diseases																				
	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																				
	signs and symptoms of stress, anxiety, and depression																				
	influences of physical,emotional, and social changes on identities and relationships																				