Grade 6 Physical & Health Ed

Curricular Competencies

Big Ideas

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

*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.

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	Explore and plan food choices to support personal health and well-being	Describe the impacts of personal choices on health and well-being	Analyze health messages and possible intentions to influence behaviour	Identify, apply, and reflect on strategies used to pursue personal healthy-living goals	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	Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence
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 and the SAID principle																		
influences on food 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																		
strategies for managing personal and social risks related to psychoactive substances and potentially addictive behaviours																		
physical, emotional, and socialchanges that occur during puberty and adolescence																		
influences on individual identity, including sexual identity, gender, values, and beliefs																		