Year Plan #1 for Phys. Ed. 9

**August/September**

*Understandings*

* Core strength activities improve skillful movement 9.3
* Core strength reduces the chance of injury 9.3
* There are different ways to exercise core strength 9.3
* The is a difference between core and joint muscles 9.3
* Staying fit can depend on having a knowledge about what fitness means 9.1
* Physical fitness is essential for a good quality of life 9.1
* In order to improve fitness, you need to work on your THR 9.1
* We continue lifelong fitness activities when we plan and apply our own personal programs 9.4
* You can improve skills without practicing the skill by itself by improving your overall fitness 9.5
* Core strength supports active living as well as performance in other movements 9.3
* Core strength relates to the muscular system 9.3
* There are major and minor muscles that get used on all exercises 9.3
* Low weight at high reps is more beneficial for joint muscle strength than high weight at low reps 9.3
* Everyone has different personal goals for fitness 9.5
* Training techniques improves the quality of your fitness and your life 9.4
* Giving, assessing and accepting feedback is good for developing an effective fitness plan 9.1
* Making and assessing a fitness plan is essential for maintaining lifelong fitness 9.1

*Essential Questions*

* What kinds of programs work best for developing core and joint muscles? 9.3
* What are the principles of training? 9.1
* How does the development of core strength improve the quality of life? 9.3
* How do we determine the difference between core and joint muscles? 9.3
* How are joint muscles, core muscles and the muscular system related? 9.3
* Why is core strength important in skillful movement? 9.3

*Dos*

* Identify safety issues related to the development of core and joint muscles 9.3
* Create an exercise routine focusing on core strength 9.3
* Explain how core and joint muscles relate to the muscular system 9.3
* Develop strength in core and joint muscles 9.3
* Identify advantages on how core strength will help you for life 9.3
* Identify and differentiate between core and joint muscles 9.3
* Examine principles of training 9.1
* Create a fitness plan 9.1
* Identify and implement activities of preference into personal action plan 9.1

*Knows*

* Health-related fitness 9.1
* Cardio-muscular flexibility 9.1
* Difference between vigorous and moderate 9.1
* Principles of training 9.1
* Own personal fitness 9.1
* Movement activities 9.1
* How core strength is important to all movement and to the overall muscular system 9.3
* Similarities and differences between core and joint muscles 9.3
* Safety issues when developing muscles 9.3
* Weight/rep information 9.3
* Uses of different exercise equipment 9.3
* Where to look for strategies 9.3
* Safe and effective strategies for developing strength 9.3
* How to create an exercise routine 9.3
* Responsible behavior 9.7
* The physical, emotional, mental benefits of participation 9.8
* Health-related and skill-related components of fitness 9.5

**October**

*Understandings*

* There are specific ways to prevent and treat injuries in sports 9.11
* When safety is not understood or practiced, injury will occur 9.11
* Understanding movement and understanding the body will increase success of prevention and treatment of injuries 9.11
* There are benefits to organized/unorganized games 9.6
* With practice, we can improve our skills 9.6
* There are many side-effects to drugs – both physical and punitive 9.12

*Essential Questions*

* How can we reduce the chance of injury while developing muscles? 9.3
* What are some safe exercises that develop your core and joint muscles? 9.3
* Why should one play organized and unorganized games? 9.6
* How/why can modifications be made to existing rules, tactics, and skills for more enjoyment 9.6
* How do we communicate effectively with others? 9.6
* How could you use these skills in everyday life? 9.6
* Why is it important to understand biomechanics? 9.6
* How would you use strategies to get the greatest advantage over your opponent? 9.6
* Why are the rules, strategies and tactics of various games and sports important to learn? 9.6
* How can we support alternate environments and our use of them? 9.7
* How are first aid and understanding of bodies and movement linked? 9.11
* How can you prevent injuries in a sport? 9.11
* How do we treat injuries? 9.11
* Why do injuries in sports happen? 9.11

*Dos*

* Focus on improvement and maintenance of health-related fitness components 9.1
* Apply principles of training 9.3
* Apply safe and effective strategies 9.3
* Investigate safe and effective strategies 9.3
* Identify and incorporate safe methods in weight-bearing exercises 9.3
* Apply biomechanics to a skill 9.5
* Participate and practice tactics, rules and skills 9.6
* Demonstrate the ability to follow team goals/ strategies 9.6
* Implement strategies that are beneficial to your team/group 9.6
* Understand and demonstrate effective tactics and strategies 9.6
* Play a game within the rules and strategies 9.6
* Respond to situations using a first aid technique 9.11
* Apply understanding of prevention of injury 9.11
* Care for injuries 9.11
* Identify and apply the biomechanical concepts of efficient movement 9.11

*Knows*

* Communication skills within a group 9.6
* How to change rules for enjoyment 9.6
* How to use rules in different contexts and situations 9.6
* How to adjust tactics, rules, skills to different situations without rethinking the process 9.6
* Tactics, rules, skills and examples for each activity 9.6
* How to make personal action plans 9.1
* Self-selected components 9.1
* Fitness plan must include 30 mins vigorous activity 9.1
* How to provide feedback 9.1
* Training techniques 9.4
* Complex skills 9.5
* Effective tactics and strategies 9.7
* Biomechanics 9.11
* Various techniques of preventing injury 9.11
* The demands of each activity 9.11
* Types of treatment for injury 9.11
* Efficient/inefficient movement 9.11

**November**

*Understandings*

* The better the skill level, the better the enjoyment of the activity 9.5
* There are certain skills that are fundamental to all movement skill 9.5

*Essential Questions*

* Why is it important for students to take ownership? 9.4
* How does training improve our fitness? 9.4
* How are the skill-related components of fitness related to overall improvement? 9.4
* Why is debating an important skill for mediating purposes? 9.12
* How do you deal with someone who is not following the rules? 9.12
* Why is fair play good for all? 9.12

*Dos*

* Incorporate daily movement activities at a moderate level for 12 minutes 9.1
* Understand and use different equipment that strengthen your core 9.3
* Implement personal plan for a skill-related component and movement skill 9.4
* Implement pre/post assessment tools 9.4
* Evaluate their program 9.4
* Create and implement plans to improve performance 9.4
* Express insights on who is responsible for enhancing ability 9.4
* Demonstrate a commitment to positive social behavior while participating in and watching activities 9.12
* Describe the characteristics of good role models who are involved in movement activities 9.12
* Debate issues of fair play and good sportsmanship 9.12
* Analyze the impact of social issues on participation in sports 9.12

*Knows*

* How to use feedback to change approach to a plan 9.1
* Mental imagery 9.5
* How to self-assess what the levels of proficiency are and what they look like 9.5
* What is a plan and how to create one 9.5
* Advantages of improving skills 9.5
* How to use and give feedback 9.5
* Requirements of a new activity 9.7
* Different types of social issues related to sports 9.12
* Debate procedure 9.12
* Proper etiquette for specific movement activities 9.12
* How to keep score according to the rules of the game 9.12

**December**

*Understandings*

* Self-assessment enhances personal growth 9.4
* Feedback is important to the people we are trying to help 9.5

*Essential Questions*

* How can you actually test your fitness? 9.1
* How do you know if you are in good enough shape? 9.1
* How do you apply principles of training to a personal action plan? 9.1
* Why is it important to know the principles of training? 9.1
* What activities can I do to increase my physical fitness in the four main areas? 9.1
* How do I set up a personal action plan? 9.1
* How can researching training techniques improve the quality of my life? 9.4
* Why are the skill-related components of fitness important to skill improvement and the quality of life? 9.4
* What things make me want to be more fit? 9.4
* Why is it important for us to assess ourselves and how do we do it? 9.4
* Why do we make personal plans? 9.4
* How do you know if a person’s actions are ethical or unethical? 9.12
* How is using enhancing drugs detrimental to overall health and well-being? 9.12

*Dos*

* Assess fitness plan of others 9.1
* Implement, evaluate and revise personal fitness plan 9.1
* Reflect on and incorporate feedback from others 9.1
* Provide feedback to others 9.1
* Research and demonstrate various training techniques 9.4
* Implement visual and oral strategies to support skills 9.5
* Identify and demonstrate four complex skills while participating in game situations 9.5
* Assess the level of proficiency of the four skills 9.5
* Identify the health-related and skill-related components of fitness of the four complex skills 9.5
* Discuss and practice mental imagery and apply to four skills 9.5

*Knows*

* Their own personal fitness data
* Movement activities
* How to create an exercise routine
* Pre/post assessment
* Skill-related fitness components
* How to develop a personal plan
* Movement skills
* How to evaluate your program
* The attributes of a role model in sport

**January**

*Understandings*

* Society is looking for easy, quick ways of losing weight 9.2
* Fitness can go hand-in-hand with money or commercial products 9.3
* Media influences body image by several factors, pressures, and advertising 9.2
* There are often pros and cons of commercial products and options 9.2
* Promotion of active living can often go hand-in-hand with the promotion of a commercial product. 9.10
* The impact of commercial promotions for active living varies depending on the individual. 9.10
* There are many kinds of media and advertising. 9.10
* There are many ways that the media attempts to influence our behaviour and choices. 9.10
* Certain messages are geared for certain audiences. 9.10
* Media and advertising often delivers mixed messages 9.10
* When analyzing the influence of something, many factors must be considered – viewership, readership, personal response, target audience, active living statistics 9.10
* Society influences sport and cultural activities 9.13
* The pros and cons of an activity can vary depending on the participant 9.8
* Our understanding, beliefs and attitudes about active living are influenced by a variety of factors. 9.10
* Personal preference is part of choices we make 9.8

*Essential Questions*

* What factors must be considered when analyzing the influence of media on active living. 9.10
* What influences our understanding, beliefs and attitudes about active living? 9.10
* Why are people impacted differently by the same influences? 9.10
* How do our personal experiences affect the impact something has on us in terms of active living choices? 9.10
* How are commercial products and the promotion of active living linked? 9.10
* Why are some people influenced by commercials are others are not? 9.10
* What makes something influential? 9.10
* What are the benefits of publically promoted movement events? 9.10
* Why are our own stories important to understanding the impact and influence of something? 9.10
* Why is it important to fully explore a topic before coming to conclusions? 9.10
* What do media say about active living? 9.10
* Why do we receive mixed messages in the media? 9.10
* How and why does media influence or impact myself and others? 9.10
* How does media make you feel about being active? 9.10
* How do the messages differ if they are for different audiences? 9.10
* How does media influence body image? 9.10
* How can body composition be promoted and managed safely? 9.10
* How do who we are impact the choices we make? 9.8
* Why are body management activities beneficial to a healthy lifestyle? 9.8
* Why do certain body management activities appeal to me rather than others? 9.8
* How are complex skills transferred from one sport to another? 9.5
* Why are some forms of practice better to increase our improvement over others? 9.5
* Why is it important that we keep improving our skills? 9.5
* What other ways can we improve our skill than by “just practicing?” 9.5

*Dos*

* Debate influence of TV on active movement attitudes. 9.10
* Tell a story of involvement in media-promoted movement activity. 9.10
* Identify types of media. 9.10
* Identify examples of mixed messages. 9.10
* Identify the ways our beliefs, understanding, and attitudes are influenced. 9.10
* Identify benefits of movement events for the promoter and participant. 9.10
* Analyze the impact of recent promotional strategies on self and public. 9.10
* Willingly participate in a variety of dances and in body management activities 9.8
* Assess the benefits of participation in body management activities 9.8
* Determine and analyze personal preferences of activities 9.8
* Investigate career options in body management activities 9.8
* Analyze positive and negative outcomes for specific activities 9.8
* Analyze the impact of social issues on participation in sports 9.8
* Debate issues of fair play and good sportsmanship 9.8
* Describe the characteristics of good role models who are involved in movement activities 9.8
* Demonstrate a commitment to positive social behaviour while participating in and watching activities 9.8
* Examine how activity benefits the whole person 9.8
* Willingly engage and take opportunity for improvement of their own skills 9.5
* Critique self and others on a skill 9.5
* Use and give feedback to determine strengths and weaknesses in performance of the four complex skills 9.5
* Apply principles of practise (whole-part-whole) to a self-created or pre-designed plan 9.5

*Knows*

* Their own personal fitness data 9.1
* Movement activities 9.1
* How to create an exercise routine 9.3
* Influence of media and advertising on own active living choices. 9.10
* How media and advertising has impacted others. 9.10
* Types of media that promote active living and types of media that don’t. 9.10
* Definition of media, active living, advertising 9.10
* Examples of publicly promoted movement events. 9.10
* Techniques for exploring topics fully through debate, structured discussions, gathering data. 9.10
* Some ways to tell a story effectively. 9.10
* Pros and cons of different activities 9.8
* Body management activities 9.8
* How to do a variety of body management activities 9.8
* Examples of weight management and body composition options 9.2
* What is body composition 9.2

**February**

*Understandings*

* There are options which are safe for promoting and managing body composition and options which are not 9.2
* Our beliefs around weight loss and body composition are not the same as in other places 9.2
* There are things to consider around safety when losing weight 9.2
* Not everything being promoted is safe 9.2
* Developing a team strategy requires effective communication with others 9.6
* One can adjust strategies to different situations for more enjoyment 9.6
* Tactics, rules and skills are necessary to play a game 9.6
* There are rules on etiquette and fair play that go with most sporting events 9.12
* Fair play includes rules, etiquette and honesty 9.12
* Not everyone understands the rules and sometimes they need to be taught 9.12

*Essential Questions*

* What does safety mean when managing body weight and composition? 9.2
* What are the pros and cons of products? 9.2
* How do we determine what is safe and harmful when managing body weight and composition? 9.2
* Why does society want us to lose weight? 9.2
* Why are there so many weight loss/ fitness ads in society?
* What are the benefits of commercial products for managing body weight and composition and how do we know? 9.2
* Are messages the same around the world? 9.2

*Dos*

* Know how to analyze the influence of something. 9.10
* Analyze the influence of media and advertising on active living 9.10
* Determine the ways in which advertisers go about promoting activities. 9.10
* Propose how the fitness and weight control industry might affect body image 9.2
* Propose conclusions as to why society is attracted to commercially promoted means of weight loss. 9.2
* Locate proof of the lack of safety within commercial products 9.2
* Analyze how media influences us. 9.2
* Analyze the fitness benefits of commercial fitness equipment 9.2
* Design/invent new games 9.6
* Collect data 9.10
* Rate impact of one thing on another 9.10
* Modify rules, tactics and strategies for games 9.6

*Knows*

* Their own personal fitness data 9.1
* Movement activities 9.1
* How to create an exercise routine 9.3
* What does safe mean? 9.2
* What things are safe and unsafe in terms of weight management and body composition? 9.2
* Meaning of insights 9.8
* Methods for expressing insights 9.8
* Examples of promotional strategies 9.10
* Definition of a mixed message 9.10
* A system for rating impact of something on something else 9.10

**March**

*Understandings*

* Being active can create opportunities to build positive relationships 9.13
* There are challenges outside ourselves that may hinder our active living and relationship choices 9.13
* Active living and quality of relationships impact the quality of our lives 9.13
* There are ways to debate more effectively 9.12

*Essential Questions*

* How can relationships affect the quality of your life? 9.13
* Why does change occur in contemporary sport and cultural lifestyle? 9.13
* What challenges and opportunities exist in our lives that impact our choices around active living and quality relationships? 9.13
* Why do we have different perspectives? 9.13
* How are activity and relationships connected to each other and to quality of life? 9.13
* How does society influence our opportunities for activity? 9.13

*Dos*

* Debate the pros and cons of products. 9.2
* Determine ways to maintain a healthy body. 9.2
* Appraise the safety of managing weight and body composition. 9.2
* Appraise the benefits and drawbacks of publically promoted options. 9.2
* Express insights in response to questions about managing weight loss and body composition. 9.2
* Show willingness to try new things. 9.6

*Knows*

* Their own personal fitness data 9.1
* Movement activities 9.1
* How to create an exercise routine 9.3
* Drawbacks of products and options 9.2
* Benefits of public options 9.2
* Personal perspectives on how to manage the contemporary opportunities and challenges. 9.13
* How to live a balanced and active lifestyle. 9.13
* How Canada’s success/failure at competitions impacts movement activity options at provincial and local levels. 9.13

**April**

*Understandings*

* Dance is often a reflection of culture. 9.8
* Certain skills will benefit particular careers. 9.9
* Perspectives may vary depending on experiences. 9.13
* There are a variety of ways to reflect on our experiences. 9.8

*Essential Questions*

* How can we reflect in ways that are meaningful to us? 9.8
* How is dance influenced by culture and how is culture influenced by dance? 9.8
* How does reflecting help our decision-making? 9.8
* How are pros and cons personal and contextual? 9.8

*Dos*

* Present personal reflective opinions on highly publicized ethical controversies 9.12
* Identify contemporary opportunities and challenges 9.13
* Analyze cultural differences in relation to sport 9.13
* Develop skills to create respectful relationships 9.13
* Explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation 9.13
* Propose and discuss connections between the types and levels of participation of self and others 9.13
* Express insights on how Canada’s results at competitions impact movement activity options at provincial and local levels 9.13

*Knows*

* Their own personal fitness data 9.1
* Movement activities 9.1
* How to create an exercise routine 9.3
* How to do a variety of dances. 9.8
* What skills are necessary for which career. 9.9
* Connections between the types and levels of participation of self and others 9.13
* What safe and respectful relationships look like. 9.13
* How Canada compares to other countries. 9.13
* Definition of a skillful mover. 9.13

**May**

*Understandings*

* There are risks and requirements associated in the environment activities 9.7
* It is our responsibility to respect the environment 9.7
* Performance and participation affects enjoyment of environment activities. 9.7
* Respect of an environment impacts the longevity of its use. 9.7
* That each individual needs to have a voice in planning an event. 9.9
* That there are many jobs that need to be completed to pull off an event. 9.9
* That understanding their own strengths and weaknesses will make them better contributors to the team. 9.9
* That certain skills will benefit particular careers. 9.9
* That to run a successful event, partnerships are necessary. 9.9
* Participation in publically promoted movement events have many benefits for the participants and the charities they often fall under. 9.10

*Essential Questions*

* Why are the risks and requirements important in an environment activity? 9.7
* Why is it important to respect the environment? 9.7
* How can we improve an environment activity of self and others? 9.7
* How can you ensure you have a voice and role in an event? 9.9
* What does it take to plan an event? 9.9
* Why is it important for you to understand your weaknesses and strengths? 9.9
* How do you develop functional partnerships? 9.9

*Dos*

* Practice effective tactics and strategies. 9.7
* Participate vigorously in a variety of AEA 9.7
* Demonstrate responsible behaviour to support enjoyment and involvement in AEA 9.7
* Plan and implement actions alone and with others in a new AEA 9.7
* Treat environment with respect while in AEA 9.7
* Create and implement a plan to clean up the environment while being active. 9.7
* Use a democratic decision-making process to select a group-led event 9.9
* Brainstorm the aspects needed to run an event 9.9
* Self-analyze/communicate personal skills for running/organizing an event 9.9
* Express personal insights in how personal skills impact career choices 9.9
* Follow through with a personal commitment to complete their role in the event 9.9
* Brainstorm supports in the school and community to promote movement activities 9.9
* Collaborate with others to organize an event 9.9

*Knows*

* Their own personal fitness data 9.1
* Movement activities 9.1
* How to create an exercise routine 9.3
* Ways to clean up the environment. 9.7
* What constitutes respectful treatment. 9.7
* How to work cooperatively in a group. 9.9
* What supports are available in the school and community. 9.9
* The roles/jobs behind running an event. 9.9
* Their personal strengths/challenges 9.9

**June**

*Understandings*

* Looking at our own stories about active living, participation in active events, and our experiences with media which either promote or reject active living helps us to better understand the influence of these things on ourselves and others. 9.10
* When making decisions about the impact or influence a certain thing has on behaviour, it is beneficial to examine all aspects of the issue. 9.10
* The factors that most impact our view of active living depend on our own experiences and our own lives (they are personal). 9.10
* Their own health may differ from credible health-related fitness standards
* A variety of body management activities can help develop a well-balanced lifestyle. 9.8
* Thinking about our own experiences can help us get insights into the choices we make. 9.8

*Essential Questions*

* Why is building a personal action plan important in developing lifelong fitness? 9.1
* What is the importance of feedback and reflection to your fitness plan and developing a lifelong learning experience? 9.1
* What is your plan for remaining active for the rest of your life? 9.1
* How might your level of fitness affect your preferred future? 9.1

*Dos*

* Express insights into lifelong activity questions

*Knows*

* Their own personal fitness data 9.1
* Movement activities 9.1
* How to create an exercise routine 9.3
* How to express insights. 9.1