Year Plan #2 for Phys. Ed. 9

**August/September**

*Understandings*

* Understanding movement and understanding the body will increase success in prevention and treatment of injuries. 9.11
* When safety is not understood or practiced, injury will occur. 9.11
* A variety of body management activities can help develop a well-balanced lifestyle. 9.8
* Core strength reduces the chance of injury. 9.3
* In order to improve fitness, you need to work at your THR. 9.1
* Their own health may differ from credible health-related fitness standards. 9.1

*Essential Questions*

* How can you prevent injuries in a sport? 9.11
* How are first aid and understanding of bodies and movement linked? 9.11
* Why do injuries in sports happen? 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 can we reduce the chance of injury while developing muscles? 9.3
* What are the principles of training? 9,1
* How do you set up a personal plan? 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 into the four main areas? 9.1

*Know*

* Various techniques of preventing injury
* Biomechanics
* Efficient/inefficient movement 9.11
* Know the demands of each activity 9.11
* What are body management activities 9.8
* How to do a variety of body management activities 9.8
* What are the physical, mental, emotional benefits of participation? 9.8
* Safe and effective strategies for developing strength 9.3
* Safety issues when developing muscles 9.3
* Fitness plan must include 30 minutes of vigorous activity 9.1
* What is their personal fitness 9.1
* What is health related fitness 9.1
* How to make personal action plans 9.1
* What are principles of training 9.1
* Self-selected components 9.1
* Definition of cardio, muscular strength , flexibility 9.1
* Difference between vigorous and moderate 9.1
* What are movement activities 9.1

*Do*

* Apply understanding of prevention of injury 9.11
* Identify and apply the biomechanical concepts of efficient movement. 9.11
* Investigate safe and effective strategies 9.3
* Identify and incorporate safe methods in weight-bearing exercises 9.3
* Identify safety issues related to the development of core and joint muscles. 9.3
* Apply safe and effective strategies. 9.1
* Identify and implement activities of preference into personal action plan. 9.1
* Create fitness plan. 9.1
* Incorporate daily movement activities at a moderate level for 12 minutes. 9.1
* Examine principles of training. 9.1
* Apply principle of training. 9.1

**October**

*Understandings*

* There are specific ways to prevent and treat injuries in sports. 9.11
* Tactics, rules and skills are necessary to play a game. 9.6
* With practice, we can improve our skills. 9.5
* There are certain skills that are fundamental to all movement skills. 9.5
* Core strength activities improve skillful movement. 9.3

*Essential Questions*

* How do we treat injuries on sports? 9.11
* Why are the rules, strategies, and tactics of various games and sports important to learn? 9.6
* How/why can modifications be made to existing rules, tactics and skills for more enjoyment? 9.6
* Why is it important that we keep improving our skills? 9.5
* Why are some forms of practice better to increase our improvement over others? 9.5
* Why is it important to understand biomechanics? 9.5
* Why is core strength important in skillful movement? 9.3

*Know*

* Types of treatment for injury 9.11
* Tactics, rules, skills and examples for each activity 9.6
* How to change rules for enjoyment 9.5
* Principles of practice 9.5
* Complex skills 9.5
* Where to look for strategies 9.3

*Do*

* Respond to situations using a first aid technique 9.11
* Care for injuries 9.11
* Understand and demonstrate effective tactics and strategies 9.6
* Modify rules, tactics and strategies for games 9.6
* Participate and practice tactics, rules and skills. 9.6
* Play a game within the rules and strategies 9.6
* Apply principles of practice (whole-part-whole) to a self created or pre-designed plan. 9.5
* Identify the health-related and skill related components of fitness of the four complex skills 9.5
* Create and implement plans to improve performance. 9.5
* Apply biomechanics to a skill 9.5
* Identify and demonstrate four complex skills while participating in game situations 9.5
* Identify advantages on how core strength will help you for life. 9.3
* Develop strength in core and joint muscles. 9.3

**November**

*Understandings*

* *There are rules on etiquette and fair play that go with most sporting events. 9.12*
* *Not everyone understands the rules and sometimes they need to be taught. 9.12*
* *Fair play includes rules, etiquette and honesty. 9.12*
* *Developing a team strategy requires effective communication with others. 9.6*
* *Training techniques improves the quality of your fitness and your life. 9.4*
* *There is a difference between joint and core muscles. 9.3*

*Essential Questions*

* How do you deal with someone who is not following the rules? 9.12
* Why is fair play good for all? 9.12
* How do you know if a person’s actions are ethical or unethical? 9.6
* How do we communicate effectively with others? 9.6
* How does training improve our fitness? 9.4
* Why are the skill-related components of fitness important to skill improvement and the quality of life? 9.4
* How can researching training techniques improve the quality of our lives? 9.4
* How are the skill related components of fitness related to overall improvement? 9.4
* How do we determine the difference between core and joint muscles? 9.3

*Know*

* The attributes of a role model in sport 9.12
* Different types of social issues related to sports 9.12
* Characteristics of positive role models 9.12
* Health related and skill related components of fitness 9.4
* Skill-related fitness components 9/4
* Training techniques 9.4
* Movement skills 9.4
* Similarities and difference between core and joint muscles 9.3

*Do*

* Describe the characteristics of good role models who are involved in movement activities. 9.12
* Analyze the impact of social issues on participation in sports 9.12
* Demonstrate the ability to follow team goals/strategies. 9/4
* Research and demonstrate various training techniques 9.4
* Identify and differentiate between core and joint muscles.

**December**

*Understandings*

* There are ways to debate more effectively. 9.12
* There are many side effects to drugs 0 both physical and punitive. 9.12
* The pros and cons of an activity can vary depending on the participant. 9.8
* Everyone has different personal goals for fitness. 9.4
* Self-assessment enhances personal growth. 9.3
* Core strength relates to the muscular system. 9.3
* Giving, assessing and accepting feedback is good for developing an effective fitness plan. 9.1

*Essential Questions*

* Why is debating an important skill for mediating purposes? 9.12
* How is using enhancing drugs detrimental to overall health and well-being? 9.12
* How are pros and cons personal and contextual? 0.8
* Why do we make personal plans? 9.4
* What things make me want to be more fit? 9.4
* How are joint muscles, core muscles and the muscular system related? 9.3
* What is the importance of feedback and reflection to your fitness plan and developing a lifelong learning experience? 9.1

*Know*

* Proper etiquette for specific movement activities. 9.12
* Keeping score according to the rules of the game. 9.12
* Debate procedure. 9.12
* Pros and cons of different activities. 9.8
* What is a plan and how to create one. 9.4
* How to develop a personal plan. 9.4
* How core strength is important to all movement and to the overall muscular system. 9.3
* How to provide feedback 9.1
* How to use feedback to change approach to plan. 9.1

*Do*

* Present personal reflective opinions on highly publicized ethical controversies. 9.12
* Demonstrate a commitment to positive social behavior while participating in and watching activities. 9.12
* Debate issues of fair play and good sportsmanship. 9.12
* Present personal reflective opinions on highly publicized ethical controversies 9.12
* Identify examples of mixed messages. 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
* Identify types of media. 9.10
* Analyze the impact of recent promotional strategies on self and public. 9.10
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* Analyze the impact of recent promotional strategies on self and public. 9.10
* Examine how activity benefits the whole person. 9.8
* Determine and analyze personal preferences of activities. 9.8
* Asses the benefits of participation in body management activities. 9.8
* Implement personal plan for a skill-related component and movement skill. 9.4
* Implement their pre/post assessment tools. 9.4
* Explain how core and joint muscles relates to the muscular system. 0.4
* Reflect and incorporate feedback from others. 9.1
* Implement, evaluate and revise personal fitness plan. 9.1
* Provide feedback to others 9.1
* Focus on improvement and maintenance of health-related fitness components. 9.1

**January**

*Understandings*

* There are many kinds of media and advertising. 9.10
* Media and advertising often delivers mixed messages. 9.10
* Our understanding, beliefs and attitudes about active living are influenced by a variety of factors. 9.10
* There are many ways that the media attempts to influence our behavior and choices. 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
* Personal preference is part of choice we make. 9.7
* Respect of an environment impact the longevity of its use. 9.7
* Performance and participate affects enjoyment of environment activities. 9.7
* There are risks and requirements associated in the environment activities. 9.7
* We continue lifelong fitness activities when we plan and apply our own personal programs. 9.4

*Essential Questions*

* What influences our understanding, beliefs and attitudes about active living? 9.10
* How does media make you feel about being active? 9.10
* How are commercial products and the promotion of active living linked? 9.10
* How and why does media influence or impact myself and others? 9.10
* What factors must be considered when analyzing the influence of media on active living. 9.10
* Why do we receive mixed messages in the media? 9.10
* What do media say about active living? 9.10
* How can we improve an environment activity of self and others 9.7
* Why are the risks and requirement important in an environment activity? 9.7
* Why is it important for us to asses ourselves and how do we do it? 9.4
* Why is it important for students to take ownership? 9.4

*Know*

* Examples of promotions strategies 9.10
* Examples of publicly promoted movement events. 9.10
* Types of media that promote active living and types of media that don’t. 9.10
* Influence of media and advertising on own active living choice. 9.10
* Definition of a mixed message. 9.10
* How media and advertising has impacted others. 9.10
* Definition of media, active living, advertising 9.10
* Requirement of a new activity. 9.7
* Effective tactics and strategies. 9.7
* How to evaluate your program. 9.4
* Pre/post assessment 9.4

*Do*

* Identify benefits of movement events for the promoter and participant.
* Identify the ways our beliefs, understanding, and attitudes are influenced. 9.7
* Participate vigorously in a variety of AEA. 9.7
* Demonstrate responsible behavior to support enjoyment and involvement in AEA. 9.7
* Evaluate their program. 9.4
* Express insights on who is responsible for enhancing ability. 9.4

**February**

*Understandings*

* It is our responsibility to respect the environment. 9.7
* There are benefits to organized/unorganized games. 9.6
* The better the skill level, the better the enjoyment of the activity. 9.5
* You can improve sills without practicing the skill itself by improving their overall fitness level. 9.5
* There are major and minor muscles that get used on all exercises. 9.5

*Essential Questions*

* How can we support alternate environments and our use of them? 9.7
* Why is it important of respect the environment? 9.7
* Why should one play organized and unorganized games? 9.6
* How could you use these skills in everyday life? 9.6
* What other ways can we improve our skill than by “just practicing?” 9.5
* How are complex skills transferred from one sport to another? 9.5

*Know*

* + Ways to clean up the environment
  + Responsible behavior
  + What constitutes respectful treatment
  + Communication skills within a group
  + How to use them in different contexts/situations
  + Advantages of improving skills.
  + Mental imagery

*Do*

* + Create and implement a plan to clean up the environment while being active.
  + Practice effective tactics and strategies
  + Treat environment with respect while in AEA
  + Design/invent new games
  + Show willingness to try new things
  + Discuss and practice mental imagery to apply to the four skills
  + Assess the level of proficiency of the four skills
  + Willingly engage and take opportunity for improvement of their own skills
  + Plan and implement actions alone and with others in a new AEA

**March**

*Understandings*

* Society influences sport and cultural activities
* Perspectives vary depending on experiences
* One can adjust strategies to different situations for more enjoyment
* Low weight at high reps is more beneficial for joint muscles strength than high weight at low reps.
  + Society is looking for easy, quick ways of losing weight
  + Media influences body image by several factors, pressures, and advertising.
  + There are often pros and cons of commercial products and options
  + Our beliefs around weight loss and body composition are not the same as in other places.
  + Fitness can go hand-in-hand with money or commercial products.

*Essential Questions*

* How does society influence our opportunities for activity?
* Why does change occur in contemporary sport and cultural lifestyles?
* Why do we have different perspectives?
* How would you use strategies to get the greatest advantage over your opponent?
* What kinds of programs work best for developing core and joint muscles?
* Why does society want us to lose weight?
* Are messages the same around the world?
* Why are there so many weight loss/fitness ads in society?
* What are the pros and cons of products?
* What are the benefits of commercial products for managing body weight and composition and how do we know?

*Know*

* What safe and respectful relationships look like
* What contemporary opportunities and challenges are
* Perspectives of others
* Definition of a skilful mover
* Personal perspectives on how to manage the contemporary opportunities and challenges
* Benefits of public options
* Drawbacks of products and options
* What is body composition?
* How to create an exercise routine
* Uses of different exercise equipment
* Weight/rep information
* How to adjust their tactics, rules, skills to different situations without rethinking the process

*Do*

* Develop skills to create respectful relationships
* Explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation
* Implement strategies that are beneficial to your team/group
* Understand and use different equipment that strengthen your core
* Create an exercise routine focusing on core strength
* Propose conclusions as to why society is attracted to commercially promoted means of weight loss
* Analyze how media influences us
* Analyze the fitness benefits of commercial fitness equipment
* Debate the pros and cons of products
* Appraise the benefits and drawbacks of publically promoted options
* Locate proof of the lack of safety within commercial products

**April**

*Understandings*

* Being active can create opportunities to build positive relationships.
* Active living and quality of relationships impact the quality of our lives.
* There are challenges outside ourselves that may hinder our active living and relationship choices.
* That certain skills will benefit particular careers
* That understanding their own strengths and weaknesses will make them better contributors to the team
* There are a variety of ways to reflect on our experiences
* Thinking about our own experiences can help us get insight into the choices we make
* Not everything being promoted is safe.
* There are things to consider around safety when losing weight
* There are options which are safe for promoting and managing body composition and options which are not

*Essential Questions*

* How can relationships affect your quality of life?
* How are activity and relationships connected to each other and to quality of life?
* What challenges and opportunities exist in our lives that impact our choices around active living and quality relationships?
* Why is it important for you to understand your weaknesses and strengths?
* How does reflecting help our decision-making?
* How can we reflect in ways that are meaningful to us/
* How do who we are impact the choices we make?
* How do we determine what is safe and harmful when managing weight and body composition?
* What does “safety” mean when managing body weight and composition?

*Know*

* How Canada compares to other countries
* How Canada’s success/failure at competitions impacts movement activity options at provincial and local levels
* How to live a balanced active lifestyle
* Connections between the types and levels of participation of self and others
* Their personal strengths/challenges
* What skills are necessary for which career
* Meaning of insights
* Methods for expressing insights
* What does safe mean?
* Examples of weight management and body composition options.
* What things are safe and unsafe in terms of weight management and body composition?

*Do*

* Propose and discuss connections between the types and levels of participation of self and others
* Express insights on how Canada’s results at competitions impact movement activity options at provincial and local levels
* Identify contemporary opportunities and challenges
* Analyze cultural differences in relation to sport
* Describe the characteristics of good role models who are involved in movement activities
* Determine ways to maintain a healthy body
* Appraise the safety of managing weight and composition
* Propose how the “fitness and weight control” industry might affect body image
* Express insights in response to questions about managing weight loss and body composition

**May**

*Understandings*

* That there are many jobs that need to be completed to pull off an event
* That to run a successful event, partnerships are necessary
* That each individual needs to have a voice in planning an event
* Dance is often a reflection of culture
* Feedback is important to the people we are trying to help
* Core strength supports active living for life as well as performance in other movements

*Essential Questions*

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* Core strength supports active living for life as well as performance in other movements

*Knows*

* How to work cooperatively in a group
* The roles/jobs behind running an event
* What supports are available in the school and community
* How to do a variety of dances
* How to self-assess what the levels of proficiency are and what they look like
* How to use and give feedback

*Do*

* Collaborate with others to organize an event
* Use a democratic decision-making process to select a group-led event
* Brainstorm the aspects needed to run an event
* Follow through with a personal commitment to complete their role in the event
* Express personal insights in how personal skills impact career choices
* Self-analyze/communicate personal skills for running/organizing an event
* Brainstorm supports in the school and community to promote movement activities
* Investigate career options in body management activities
* Willingly participate in a variety of dances and in body management activities
* Analyze the impact of social issues on participation in sports
* Debate issues of fair play and good sportsmanship
* Analyze positive and negative outcomes for specific activities
* Demonstrate a commitment to positive social behavior while participating in and watching activities
* Critique self and others on a skill
* Use and give feedback to determine strengths and weaknesses in performance of the four complex skills
* Implement visual and oral strategies to support skills

**June**

*Understandings*

* There are different ways to exercise core strength
* Staying fit can depend on having knowledge about what fitness means.
* That physical fitness is essential for a good quality of life
* Making and assessing a fitness plan is essential for maintaining lifelong fitness

*Essential Questions*

* What are some safe exercises that develop your core and joint muscles?
* How does the development of core strength improve the quality of life?
* How can you actually test your fitness?
* How do you know if you are in good enough shape?
* Why is building a personal action plan important in developing lifelong fitness?
* What is your plan for remaining active for the rest of your life?
* How might your level of fitness affect your preferred future?

*Knows*

* How to express insights to remain active for life

*Do*

* Express insights into lifelong activity questions
* Assess fitness plan of others