SEPTEMBER:

**Enduring Understandings:**

9.6

* Tactics, rules and skills are necessary to play a game
* Developing a team strategy requires effective communication with others
* One can adjust strategies to different situations for more enjoyment
* There are benefits to organized/unorganized games

9.5

* Feedback is important to the people we are trying to help

9.11

* Understanding movement and understanding the body will increase success of prevention and treatment of injuries.
* When safety is not understood or practised injury will occur.
* There are specific ways to prevent and treat injuries in sports.

9.1

* Staying fit can depend on having knowledge about what fitness means.
* Giving, assessing and accepting feedback is good for developing an effective fitness plan
* That physical fitness is essential for a good quality of life

9.3

* There is a difference between joint and core muscles.
* Core strength activities improve skilful movement.
* Core strength reduces the chance of injury.
* There are different ways to exercise core strength
* There are major and minor muscles that get used on all exercises
* Core strength supports active living for life as well as performance in other movements
* Core strength relates to the muscular system

**Essential Questions:**

9.1

* What are the principles of training?
* Why is it important to know the principles of training?

9.3

* How do we determine the difference between core and joint muscles?

9.6

* How would you use strategies to get the greatest advantage over your opponent?
* Why are the rules, strategies, and tactics of various games and sports important to learn?

9.3

* How are joint muscles, core muscles and the muscular system related?
* Why is core strength important in skilful movement?
* How does the development of core strength improve the quality of life?
* What kinds of programs work best for developing core and joint muscles?
* What are some safe exercises that develop your core and joint muscles?
* How can we reduce the chance of injury while developing muscles?

9.12

* Why is fair play good for all?
* How do you deal with someone who is not following the rules?

9.6

* How do we communicate effectively with others?
* How could you use these skills in everyday life?

9.4

* Why is it important for students to take ownership?
* Why is it important for us to assess ourselves and how do we do it?

9.11

* How are first aid and understanding of bodies and movement linked?
* How can you prevent injuries in a sport?
* Why do injuries in sport happen?
* How do we treat injuries on sports?

**Know:**

9.6

* Tactics, rules, skills and examples for each activity
* How to use them in different contexts/situations
* Communication skills within a group
* How to adjust their tactics, rules, skills to different situations without rethinking the process
* How to change rules for enjoyment

9.5

* Advantages of improving skills.
* How to use and give feedback
* Health related and skill related components of fitness

9.1

* Cardio, muscular, flexibility
* How to provide feedback

9.11

* Biomechanics
* Various techniques of preventing injury
* Types of treatment for injury
* Know the demands of each activity

9.3

* Similarities and differences between core and joint muscles
* How core strength is important to all movement and to the overall muscular system

9.7

* Effective tactics and strategies
* Responsible behaviour
* Requirements of a new activity
* What constitutes respectful treatment

9.4

* Movement skills

**Do:**

9.1

* Examine principles of training
* Apply principle of training
* Incorporate daily movement activities at a moderate level for 12 minutes

9.3

* Identify and differentiate between core and joint muscles
* Identify safety issues related to the development of core and joint muscles
* Investigate safe and effective strategies

9.5

* Implement visual and oral strategies to support skills
* Apply biomechanics to a skill
* Apply principles of practise (whole-part-whole) to a self-created or pre-designed plan
* Willingly engage and take opportunity for improvement of their own skills

9.6

* Show willingness to try new things
* Play a game within the rules and strategies
* Understand and demonstrate effective tactics and strategies
* Modify rules, tactics and strategies for games
* Implement strategies that are beneficial to your team/group
* Participate and practice tactics, rules and skills

9.12

* Describe the characteristics of good role models who are involved in movement activities
* Debate issues of fair play and good sportsmanship
* Demonstrate a commitment to positive social behaviour while participating in and watching activities

9.11

* Apply understanding of prevention of injury
* Care for injuries
* Identify and apply the biomechanical concepts of efficient movement
* Respond to situations using a first aid technique

9.13

* Develop skills to create respectful relationships
* Propose and discuss connections between the types and levels of participation of self and others
* Explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation

OCTOBER

**Enduring Understandings:**

9.1

* In order to improve fitness, they need to work at their THR
* Making and assessing a fitness plan is essential for maintaining lifelong fitness
* Their own healthy may differ from credible health-related fitness standards.

9.3

* Low weight at high reps is more beneficial for joint muscles strength than high weight at low reps.

9.4

* Training techniques improves the quality of your fitness and your life.
* Everyone has different personal goals for fitness
* We continue lifelong fitness activities when we plan and apply our own personal programs.
* Self-Assessment enhances personal growth

9.5

* You can improve skills without practicing the skill itself by improving their overall fitness level.
* The better the skill level, the better the enjoyment of the activity
* There are certain skills that are fundamental to all movement skill.
* With practice, we can improve our skills.

**Essential Questions**

9.4

* Why do we make personal plans?
* How can researching training techniques improve the quality of our lives?
* How does training improve our fitness?

9.5

* How are complex skills transferred from one sport to another?
* Why are some forms of practice better to increase our improvement over others?
* Why is it important to understand biomechanics?
* Why is it important that we keep improving our skills?
* What other ways can we improve our skill than by “just practicing?”
* How can you actually test your fitness?
* How might your level of fitness affect your preferred future?
* What is your plan for remaining active for the rest of your life?
* How do you know if you are in good enough shape?
* How do you apply principles of training to a personal action plan?
* How do you set up a personal plan?
* Why is building a personal action plan important in developing lifelong fitness?

**Know**

9.1

* Fitness plan must include 30 minutes vigorous activity
* Self-selected Components
* How to make Personal Action Plans
* Their personal fitness
* How to express insights to remain active for life
* Principles of Training
* Difference between vigorous and moderate
* Health-related Fitness

9.3

* Uses of different exercise equipment
* How to create an exercise routine
* Weight/rep information
* Safe and effective strategies for developing strength
* Safety issues when developing muscles
* Where to look for strategies

9.4

* Training techniques
* Pre/Post assessment
* How to evaluate your program
* How to develop a personal plan
* Skill-related fitness components

9.13

* Debate procedure
* Definition of a skillful mover

**Do**

9.1

* Create fitness plan
* Identify and implement activities of preference into personal action plan
* Implement, evaluate and revise personal fitness plan
* Incorporate daily movement activities at a moderate level for 12 minutes

9.3

* Identify and incorporate safe methods in weight-bearing exercises
* Understand and use different equipment that strengthen your core
* Apply safe and effective strategies
* Develop strength in core and joint muscles

9.5

* Assess the level of proficiency of the four skills
* Discuss and practise mental imagery to apply to the four skills
* Identify the health-related and skill related components of fitness of the four complex skills
* Identify and demonstrate four complex skills while participating in game situations
* Critique self and others on a skill
* Create and implement plans to improve performance
* Use and give feedback to determine strengths and weaknesses in performance of the four complex skills

NOVEMBER

**Enduring understandings**

9.12

* There are rules on etiquette and fair play that go with most sporting events
* Not everyone understands the rules and sometimes they need to be taught
* There are ways to debate more effectively
* There are many side-effects to drugs- both physical and punitive
* Fair play includes rules, etiquette and honesty

**Essential Questions**

9.1

* How is using enhancing drugs detrimental to overall health and well-being?
* How do you know if a person’s actions are ethical or unethical?
* What activities can I do to increase my physical fitness into the four main areas?

9.12

* What is the importance of feedback and reflection to your fitness plan and developing a lifelong learning experience?

9.13

* How are activity and relationships connected to each other and to quality of life?
* How can relationships affect your quality of life?

**Know**

9.12

* Proper etiquette for specific movement activities
* The attributes of a role model in sport
* Characteristics of positive role models
* Different types of social issues related to sports
* Debate Procedure

**Do**

9.1

* Incorporate daily movement activities at a moderate level for 12 minutes

9.3

* Develop strength in core and joint muscles
* Explain how core and joint muscles relates to the muscular system

9.12

* Analyze the impact of social issues on participation in sports
* Debate issues of fair play and good sportsmanship
* Present personal reflective opinions on highly publicized ethical controversies

DECEMBER

**Enduring Understandings:**

9.13

* Being active can create opportunities to build positive relationships.
* Society influences sport and cultural activities
* Perspectives vary depending on experiences
* There are challenges outside ourselves that may hinder our active living and relationship choices.
* Active living and quality of relationships impact the quality of our lives.

**Essential Questions**9.4

* Why do we have different perspectives?

9.12

* Why is debating an important skill for mediating purposes?

9.13

* What challenges and opportunities exist in our lives that impact our choices around active living and quality relationships?
* Why are the skill-related components of fitness important to skill improvement and the quality of life?
* How are the skill related components of fitness related to overall improvement?
* Why does change occur in contemporary sport and cultural lifestyles?

**Know**

9.13

* What contemporary opportunities and challenges are
* Personal perspectives on how to manage the contemporary opportunities and challenges
* How to live a balanced active lifestyle
* What safe and respectful relationships look like
* Connections between the types and levels of participation of self and others
* How Canada compares to other countries
* How Canada’s success/failure at competitions impacts movement activity options at provincial and local levels
* Perspectives of others

**Do**

9.1

* Incorporate daily movement activities at a moderate level for 12 minutes

9.3

* Develop strength in core and joint muscles

9.8

* Analyze the impact of social issues on participation in sports
* Investigate career options in body management activities

9.4

* Evaluate their program
* Express insights on who is responsible for enhancing ability
* Implement personal plan for a skill-related component and movement skill
* Implement their pre/post assessment tools
* Research and demonstrate various training techniques

9.13

* Identify contemporary opportunities and challenges
* Express insights on how Canada’s results at competitions impact movement activity options at provincial and local levels
* Analyze cultural differences in relation to sport

JANUARY

**Enduring Understandings**

9.10

* Certain messages are geared for certain audiences.
* Media and advertising often delivers mixed messages.
* There are many kinds of media and advertising.
* There are many ways that the media attempts to influence our behaviour and choices.
* When analyzing the influence of something, many factors must be considered – viewership, readership, personal response, target audience, active living statistics.
* Our understanding, beliefs and attitudes about active living are influenced by a variety of factors.
* The factors that most impact our view of active living depend on our own experiences and our own lives (they are personal).
* Promotion of active living can often go hand-in-hand with the promotion of a commercial product.
* The impact of commercial promotions for active living varies depending on the individual.
* Participation in publically promoted movement events have many benefits for the participants and the charities they often fall under.
* 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.
* When making decisions about the impact or influence a certain thing has on behaviour, it is beneficial to examine all aspects of the issue.

**Essential Questions**

9.10

* How does media influence body image?
* How and why does media influence or impact myself and others?
* How do the messages differ if they are for different audiences?
* Why do we receive mixed messages in the media?
* Why are some people influenced by commercials are others are not?
* What makes something influential?
* How are commercial products and the promotion of active living linked?
* Why are people impacted differently by the same influences?
* What factors must be considered when analyzing the influence of media on active living.
* How does media make you feel about being active?
* Why is it important to fully explore a topic before coming to conclusions?
* What do media say about active living?
* Why are our own stories important to understanding the impact and influence of something?
* What are the benefits of publically promoted movement events?
* What influences our understanding, beliefs and attitudes about active living?
* How do our personal experiences affect the impact something has on us in terms of active living choices?

9.13

* How does society influence our opportunities for activity?

**Know**

9.10

* Influence of media and advertising on own active living choices.
* How media and advertising has impacted others.
* Types of media that promote active living and types of media that don’t.
* Definition of media, active living, advertising
* Examples of publicly promoted movement events.
* Definition of a mixed message.
* Techniques for exploring topics fully through debate, structured discussions, gathering data.
* Examples of promotional strategies.
* A system for rating impact of something on something else.
* Some ways to tell a story effectively.

9.1

* How touse feedback to change approach to plan.

**Do**

9.1

* Focus on improvement and maintenance of health-related fitness components
* Incorporate daily movement activities at a moderate level for 12 minutes
* Implement, evaluate and revise personal fitness plan

9.3

* Develop strength in core and joint muscles

9.10

* Analyze the influence of media and advertising on active living.
* Collect data.
* Rate impact of one thing on another.
* Identify the ways our beliefs, understanding, and attitudes are influenced.
* Identify types of media.
* Identify examples of mixed messages.
* Identify benefits of movement events for the promoter and participant.
* Analyze the impact of recent promotional strategies on self and public.
* Tell a story of involvement in media-promoted movement activity.
* Debate influence of TV on active movement attitudes.
* Know how to analyze the influence of something.
* Determine the ways in which advertisers go about promoting activities.

FEBRUARY

**Essential Questions**

9.6

* How/why can modifications be made to existing rules, tactics and skills for more enjoyment?
* Why should one play organized and unorganized games?

9.7

* Why are the risks and requirements important in an environment activity?
* Why is it important to respect the environment?
* How can we improve an environment activity of self and others?
* How can we support alternate environments and our use of them?

**Do**

9.1

* Assess fitness plan of others
* Provide feedback to others
* Incorporate daily movement activities at a moderate level for 12 minutes

9.3

* Create an exercise routine focusing on core strength
* Identify advantages on how core strength will help you for life
* Develop strength in core and joint muscles

9.6

* Design/invent new games

9.7

* Participate vigorously in a variety of AEA
* Practise effective tactics and strategies
* Demonstrate responsible behaviour to support enjoyment and involvement in AEA
* Plan and implement actions alone and with others in a new AEA
* Treat environment with respect while in AEA

MARCH

**Enduring Understandings:**

9.2

* Media influences body image by several factors, pressures, and advertising.
* There are options which are safe for promoting and managing body composition and options which are not
* Fitness can go hand-in-hand with money or commercial products.
* Not everything being promoted is safe.
* There are things to consider around safety when losing weight.
* Society is looking for easy, quick ways of losing weight
* Our beliefs around weight loss and body composition are not the same as in other places.
* There are often pros and cons of commercial products and options

9.8

* A variety of body management activities can help develop a well-balanced lifestyle.
* Dance is often a reflection of culture
* Personal preference is part of choices we make
* The pros and cons of an activity can vary depending on the participant
* 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

9.4

* What things make me want to be more fit?

9.2

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

9.8

* Why are body management activities beneficial to a healthy lifestyle?
* Why do certain body management activities appeal to me rather than others?
* How is dance influenced by culture and how is culture influenced by dance?

9.10

* How can body composition be promoted and managed safely?

**Know**

9.2

* What things are safe and unsafe in terms of weight management and body composition?
* What does safe mean?
* Benefits of public options
* Drawbacks of products and options
* What is body composition?
* Examples of weight management and body composition options.
* Ways to clean up the environment

9.8

* How to do a variety of body management activities
* How to do a variety of dances
* What are body management activities
* What are the physical, mental, emotional benefits of participation
* Pros and cons of different activities
* Meaning of insights
* Methods for expressing insights

9.11

* Efficient/inefficient movement

**Do**

9.1

* Reflect and incorporate feedback from others
* Incorporate daily movement activities at a moderate level for 12 minutes

9.2

* Determine ways to maintain a healthy body
* Analyze how media influences us
* Debate the pros and cons of products
* Analyze the fitness benefits of commercial fitness equipment
* Locate proof of the lack of safety within commercial products

9.3

* Develop strength in core and joint muscles

9.8

* Analyze positive and negative outcomes for specific activities
* Willingly participate in a variety of dances and in body management activities
* Examine how activity benefits the whole person
* Demonstrate a commitment to positive social behaviour while participating in and watching activities
* Assess the benefits of participation in body management activities
* Determine and analyze personal preferences of activities

APRIL

**Enduring Understandings**

9.7

* There are risks and requirements associated in the environment activities
* It is our responsibility to respect the environment
* Performance and participation affects enjoyment of environment activities.
* Respect of an environment impacts the longevity of its use

**Essential Questions**

* None listed

**Know**

9.7

* Ways to clean up the environment

**Do**

9.1

* Incorporate daily movement activities at a moderate level for 12 minutes

9.2

* Express insights in response to questions about managing weight loss and body composition
* Appraise the benefits and drawbacks of publically promoted options
* Appraise the safety of managing weight and composition
* Propose how the “fitness and weight control” industry might affect body image
* Propose conclusions as to why society is attracted to commercially promoted means of weight loss

9.3

* Develop strength in core and joint muscles

9.7

* Create and implement a plan to clean up the environment while being active.

May

**Enduring Understandings**

9.9

* That certain skills will benefit particular careers
* That to run a successful event, partnerships are necessary
* That understanding their own strengths and weaknesses will make them better contributors to the team
* That each individual needs to have a voice in planning an event
* That there are many jobs that need to be completed to pull off an event

**Essential Questions**

9.9

* How can you ensure you have a voice and role in an event?
* What does it take to plan an event?
* Why is it important for you to understand your weaknesses and strengths?
* How do you develop functional partnerships?

**Know**

9.9

* What skills are necessary for which career
* What supports are available in the school and community
* How to work cooperatively in a group
* Their personal strengths/challenges
* The roles/jobs behind running an event

**Do**

9.1

* Incorporate daily movement activities at a moderate level for 12 minutes

9.3

* Develop strength in core and joint muscles

9.9

* Use a democratic decision-making process to select a group-led event
* Brainstorm the aspects needed to run an event
* Self-analyze/communicate personal skills for running/organizing an event
* Express personal insights in how personal skills impact career choices
* Follow through with a personal commitment to complete their role in the event
* Brainstorm supports in the school and community to promote movement activities
* Collaborate with others to organize an event

June

**Essential Questions**

9.8

* How do who we are impact the choices we make?
* How are pros and cons personal and contextual?
* How does reflecting help our decision-making?
* How can we reflect in ways that are meaningful to us/

**Do**

9.1

* Incorporate daily movement activities at a moderate level for 12 minutes
* Express insights into lifelong activity questions
* Implement, evaluate and revise personal fitness plan

9.3

* Develop strength in core and joint muscles