Year Plan #3 for Phys. Ed 9

August / September

Understandings

9.1

* Staying fit can depend on having knowledge about what fitness means.
* Their own healthy may differ from credible health-related fitness standards.
* There are major and minor muscles that get used on all exercises

9.3

* There is a difference between joint and core muscles.

9.11

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

Essential Questions

9.1

* How do you know if you are in good enough shape?
* How can you actually test your fitness?

9.3

* How do we determine the difference between core and joint muscles?
* How are joint muscles, core muscles and the muscular system related?

9.11

* How can you prevent injuries in a sport?
* Why do injuries in sport happen?
* How do we treat injuries on sports?

Know

9.1

* Health-related Fitness
* Difference between vigorous and moderate
* Cardio, muscular, flexibility
* Principles of Training
* Their personal fitness

9.8

* What are body management activities
* What are the physical, mental, emotional benefits of participation

DO

9.1

* Incorporate daily movement activities at a moderate level for 12 minutes
* Examine principles of training
* Apply principle of training
* Create fitness plan
* Focus on improvement and maintenance of health-related fitness components
* Identify and implement activities of preference into personal action plan

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
* Understand and use different equipment that strengthen your core
* Apply safe and effective strategies

9.7

* Participate vigorously in a variety of AEA
* Practise effective tactics and strategies

9.8

* Describe the characteristics of good role models who are involved in movement activities
* Determine and analyze personal preferences of activities
* Assess the benefits of participation in body management activities

October

Understanding

9.1

* In order to improve fitness, they need to work at their THR
* That physical fitness is essential for a good quality of life

9.3

* Core strength activities improve skilful movement.
* Core strength reduces the chance of injury.
* Low weight at high reps is more beneficial for joint muscles strength than high weight at low reps.
* There are different ways to exercise core strength
* Core strength supports active living for life as well as performance in other movements
* Core strength relates to the muscular system

9.6

* There are benefits to organized/unorganized games
* Tactics, rules and skills are necessary to play a game
* Developing a team strategy requires effective communication with others

Essential Questions

9.1

* What is your plan for remaining active for the rest of your life?
* How might your level of fitness affect your preferred future?

9.3

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

9.6

* How do we communicate effectively with others?
* Why should one play organized and unorganized games?
* Why are the rules, strategies, and tactics of various games and sports important to learn?

9.11

* How are first aid and understanding of bodies and movement linked?

Know

9.1

* Fitness plan must include 30 minutes vigorous activity
* Self-selected Components

9.5

* Health related and skill related components of fitness
* Advantages of improving skills.

9.6

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

DO

9.5

* Use and give feedback to determine strengths and weaknesses in performance of the four complex 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
* Apply principles of practise (whole-part-whole) to a self-created or pre-designed plan
* Apply biomechanics to a skill

9.1

* Examine principles of training
* Create fitness plan

9.3

* Create an exercise routine focusing on core strength
* Identify advantages on how core strength will help you for life
* Explain how core and joint muscles relates to the muscular system

9.8

* Willingly participate in a variety of dances and in body management activities

9.6

* Participate and practice tactics, rules and skills
* Play a game within the rules and strategies
* Understand and demonstrate effective tactics and strategies

9.7

* Plan and implement actions alone and with others in a new AEA
* Demonstrate responsible behaviour to support enjoyment and involvement in AEA

November

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

9.1

* Making and assessing a fitness plan is essential for maintaining lifelong fitness
* Giving, assessing and accepting feedback is good for developing an effective fitness plan

Essential Questions

9.12

* How do you know if a person’s actions are ethical or unethical?
* How do you deal with someone who is not following the rules?
* Why is debating an important skill for mediating purposes?
* How is using enhancing drugs detrimental to overall health and well-being?

9.1

* How do you set up a personal plan?
* Why is building a personal action plan important in developing lifelong fitness?
* Why is it important to know the principles of training?

9.4

* Why are the skill-related components of fitness important to skill improvement and the quality of life?
* What things make me want to be more fit?
* Why is it important for students to take ownership?

9.12

* Why is fair play good for all?

Know

9.1

* How to make Personal Action Plans
* How to provide feedback

9.4

* Principles of practise

9.5

* Skill-related fitness components

9.11

* Debate procedure
* Types of treatment for injury
* Biomechanics
* Various techniques of preventing injury
* Efficient/inefficient movement

9.12

* Keeping score according to the rules of the game
* Proper etiquette for specific movement activities
* Know the demands of each activity

Do

9.5

* Create and implement plans to improve performance
* Use and give feedback to determine strengths and weaknesses in performance of the four complex skills
* Identify the health-related and skill related components of fitness of the four complex skills
* Willingly engage and take opportunity for improvement of their own skills
* Critique self and others on a skill

9.1

* Examine principles of training
* Create fitness plan
* Implement, evaluate and revise personal fitness plan

9.3

* Identify advantages on how core strength will help you for life
* Develop strength in core and joint muscles

9.6

* Design/invent new games
* Implement strategies that are beneficial to your team/group
* Demonstrate the ability to follow team goals/strategies

9.8

* Willingly participate in a variety of dances and in body management activities

9.12

* Present personal reflective opinions on highly publicized ethical controversies
* Describe the characteristics of good role models who are involved in movement activities
* Debate issues of fair play and good sportsmanship
* Analyze the impact of social issues on participation in sports

December

Understandings

9.4

* Everyone has different personal goals for fitness
* Self-Assessment enhances personal growth

Essential Questions

9.1

* How do you apply principles of training to a personal action plan?
* What activities can I do to increase my physical fitness into the four main areas?
* What is the importance of feedback and reflection to your fitness plan and developing a lifelong learning experience?
* Why is it important to know the principles of training?

9.4

* Why do we make personal plans?
* Why is it important for us to assess ourselves and how do we do it?

Know

9.1

* How to use feedback to change approach to plan

9.4

* Movement skills
* Complex skills

9.5

* Training techniques

9.7

* Effective tactics and strategies
* Responsible behaviour
* Requirements of a new activity
* What constitutes respectful treatment
* Ways to clean up the environment

9.8

* How to do a variety of body management activities
* Pros and cons of different activities

9.12

DO

9.1

* Examine principles of training
* Create fitness plan
* Implement, evaluate and revise personal fitness plan

9.4

* Research and demonstrate various training techniques
* Implement personal plan for a skill-related component and movement skill

9.3

* Identify advantages on how core strength will help you for life
* Explain how core and joint muscles relates to the muscular system

9.8

* Willingly participate in a variety of dances and in body management activities
* Demonstrate a commitment to positive social behaviour while participating in and watching activities
* Examine how activity benefits the whole person

9.12

* Present personal reflective opinions on highly publicized ethical controversies
* Demonstrate a commitment to positive social behaviour while participating in and watching activities
* Different types of social issues related to sports
* The attributes of a role model in sport
* Characteristics of positive role models

January

Understandings

9.4

* Training techniques improves the quality of your fitness and your life.
* We continue lifelong fitness activities when we plan and apply our own personal programs.

9.10

* 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.
* There are many ways that the media attempts to influence our behaviour and choices.
* There are many kinds of media and advertising.
* Media and advertising often delivers mixed messages.
* Certain messages are geared for certain audiences.
* When analyzing the influence of something, many factors must be considered – viewership, readership, personal response, target audience, active living statistics.

Essential Questions

9.4

* How can researching training techniques improve the quality of our lives?
* How are the skill related components of fitness related to overall improvement?
* How does training improve our fitness?

9.10

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

Know

9.3

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

9.5

* What is a plan and how to create one

9.4

* How to develop a personal plan
* Pre/Post assessment
* How to evaluate your program

9.7

* Effective tactics and strategies
* Responsible behaviour
* Requirements of a new activity
* What constitutes respectful treatment
* Ways to clean up the environment

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

Do

9.1

* Examine principles of training
* Create fitness plan
* Implement, evaluate and revise personal fitness plan
* Assess fitness plan of others
* Provide feedback to others

9.4

* Implement personal plan for a skill-related component and movement skill
* Implement their pre/post assessment tools
* Evaluate their program

9.3

* Identify advantages on how core strength will help you for life
* Explain how core and joint muscles relates to the muscular system
* Identify and incorporate safe methods in weight-bearing exercises

9.7

* Treat environment with respect while in AEA
* Willingly participate in a variety of dances and in body management activities
* Participate vigorously in a variety of AEA
* Practise effective tactics and strategies

9.8

* Willingly participate in a variety of dances and in body management activities

9.10

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

February

Understandings

* With practice, we can improve our skills.
* The better the skill level, the better the enjoyment of the activity
* You can improve skills without practicing the skill itself by improving their overall fitness level.

Essential Questions

* Why is it important that we keep improving our skills?
* What other ways can we improve our skill than by “just practicing?”
* Why are some forms of practice better to increase our improvement over others?

Know

* Safety issues when developing muscles
* Uses of different exercise equipment
* Safe and effective strategies for developing strength
* Mental imagery
* 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

9.7

* Effective tactics and strategies
* Responsible behaviour
* Requirements of a new activity
* What constitutes respectful treatment
* Ways to clean up the environment
* Definition of media, active living, advertising
* How media and advertising has impacted others.
* Types of media that promote active living and types of media that don’t.
* Influence of media and advertising on own active living choices.
* Definition of a mixed message.
* Examples of promotional strategies.
* A system for rating impact of something on something else.
* Some ways to tell a story effectively.
* Techniques for exploring topics fully through debate, structured discussions, gathering data.
* Examples of publicly promoted movement events

Do

* Express insights on who is responsible for enhancing ability
* Examine principles of training
* Create fitness plan
* Assess fitness plan of others
* Reflect and incorporate feedback from others
* Create and implement plans to improve performance
* Use and give feedback to determine strengths and weaknesses in performance of the four complex skills
* Identify the health-related and skill related components of fitness of the four complex skills
* Discuss and practise mental imagery to apply to the four skills
* Identify advantages on how core strength will help you for life
* Explain how core and joint muscles relates to the muscular system
* Willingly participate in a variety of dances and in body management activities
* Implement strategies that are beneficial to your team/group
* Modify rules, tactics and strategies for games
* Demonstrate the ability to follow team goals/strategies

March

Understandings

9.2

* Media influences body image by several factors, pressures, and advertising.
* There are things to consider around safety when losing weight.
* Not everything being promoted is safe.
* There are options which are safe for promoting and managing body composition and options which are not

9.13

* Perspectives vary depending on experiences
* 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.

Essential Questions

9.2

* Why does society want us to lose weight?
* 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?

9.13

* What challenges and opportunities exist in our lives that impact our choices around active living and quality relationships?
* Why do we have different perspectives?
* How does society influence our opportunities for activity?

9.1

* What are the principles of training?

Know

* What is body composition?
* What does safe mean?
* What things are safe and unsafe in terms of weight management and body composition?
* Benefits of public options
* Drawbacks of products and options
* 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
* Definition of a skilful mover
* Connections between the types and levels of participation of self and others
* How to live a balanced active lifestyle
* What safe and respectful relationships look like

Do

* Develop skills to create respectful relationships
* Propose and discuss connections between the types and levels of participation of self and others
* Implement visual and oral strategies to support skills
* Appraise the benefits and drawbacks of publically promoted options
* Propose how the “fitness and weight control” industry might affect body image
* Locate proof of the lack of safety within commercial products
* Debate the pros and cons of products
* Propose conclusions as to why society is attracted to commercially promoted means of weight loss
* Create fitness plan
* Implement, evaluate and revise personal fitness plan
* Identify and implement activities of preference into personal action plan
* Explain how core and joint muscles relates to the muscular system
* Design/invent new games
* Modify rules, tactics and strategies for games
* Participate and practice tactics, rules and skills
* Willingly participate in a variety of dances and in body management activities
* 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

April

Understandings

9.9

* That to run a successful event, partnerships are necessary
* That there are many jobs that need to be completed to pull off an event
* That understanding their own strengths and weaknesses will make them better contributors to the team

9.2

* There are often pros and cons of commercial products and options
* 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.
* Fitness can go hand-in-hand with money or commercial products.

9.8

* Dance is often a reflection of culture
* 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

9.13

* Being active can create opportunities to build positive relationships
* Society influences sport and cultural activities

Essential Questions

9.2

* Why are there so many weight loss/fitness ads in society?
* Are messages the same around the world?
* What are the benefits of commercial products for managing body weight and composition and how do we know?
* What are the pros and cons of products?

9.9

* How do you develop functional partnerships?
* Why is it important for you to understand your weaknesses and strengths?

9.8

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

9.13

* How are activity and relationships connected to each other and to quality of life?
* How can relationships affect your quality of life?
* Why does change occur in contemporary sport and cultural lifestyles?

Know

* Where to look for strategies
* Examples of weight management and body composition options.
* How to create an exercise routine
* 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
* Meaning of insights
* Methods for expressing insights
* How to do a variety of dances
* Their personal strengths/challenges
* How to work cooperatively in a group
* Personal perspectives on how to manage the contemporary opportunities and challenges
* What contemporary opportunities and challenges are
* Perspectives of others
* How Canada compares to other countries
* How Canada’s success/failure at competitions impacts movement activity options at provincial and local levels

Do

* Identify contemporary opportunities and challenges
* Analyze cultural differences in relation to sport
* Express insights on how Canada’s results at competitions impact movement activity options at provincial and local levels
* Analyze the fitness benefits of commercial fitness equipment
* Analyze how media influences us
* Determine ways to maintain a healthy body
* Appraise the safety of managing weight and composition
* Express insights in response to questions about managing weight loss and body composition
* Explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation
* Implement, evaluate and revise personal fitness plan
* Identify and implement activities of preference into personal action plan
* Assess fitness plan of others
* Participate vigorously in a variety of AEA
* Practise effective tactics and strategies
* Willingly participate in a variety of dances and in body management activities
* Investigate career options in body management activities
* Collaborate with others to organize an event
* Brainstorm supports in the school and community to promote movement activities
* Use a democratic decision-making process to select a group-led event
* Brainstorm the aspects needed to run an event

May

Enduring Understandings

9.8

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

9.5

* Feedback is important to the people we are trying to help
* There are certain skills that are fundamental to all movement skill.

9.6

* There are risks and requirements associated in the environment activities

9.7

* One can adjust strategies to different situations for more enjoyment

9.9

* That certain skills will benefit particular careers
* That each individual needs to have a voice in planning an event

Essential Questions

9.8

* How do who we are impact the choices we make?
* Why are body management activities beneficial to a healthy lifestyle?
* Why do certain body management activities appeal to me rather than others?

9.5

* How are complex skills transferred from one sport to another?
* Why is it important to understand biomechanics?

9.6

* How would you use strategies to get the greatest advantage over your opponent?
* Why are the risks and requirements important in an environment activity?

9.7

* How can we support alternate environments and our use of them?
* How could you use these skills in everyday life?

9.9

* What does it take to plan an event?
* How can you ensure you have a voice and role in an event?

Know

9.1

* How to express insights to remain active for life

9.5

* How to use and give feedback
* How to self-assess what the levels of proficiency are and what they look like

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

9.9

* The roles/jobs behind running an event
* What skills are necessary for which career
* What supports are available in the school and community

Do

9.5

* Create and implement plans to improve performance
* Discuss and practise mental imagery to apply to the four skills
* Assess the level of proficiency of the four skills
* Identify the health-related and skill related components of fitness of the four complex skills
* Explain how core and joint muscles relates to the muscular system

9.1

* Examine principles of training
* Implement, evaluate and revise personal fitness plan

9.3

* Identify advantages on how core strength will help you for life
* Explain how core and joint muscles relates to the muscular system

9.7

* Participate vigorously in a variety of AEA

9.8

* Willingly participate in a variety of dances and in body management activities
* Analyze positive and negative outcomes for specific activities
* Analyze the impact of social issues on participation in sports
* Follow through with a personal commitment to complete their role in the event

9.6

* Show willingness to try new things
* Design/invent new games

9.5

* Assess the level of proficiency of the four skills

9.9

* Self-analyze/communicate personal skills for running/organizing an event

June

Understanding

9.7

* It is our responsibility to respect the environment
* Respect of an environment impacts the longevity of its use
* Performance and participation affects enjoyment of environment activities.

Essential Questions

9.7

* Why is it important to respect the environment?
* How can we improve an environment activity of self and others?

9.6

* How/why can modifications be made to existing rules, tactics and skills for more enjoyment?

Do

9.1

* Examine principles of training
* Express insights into lifelong activity questions

9.3

* Identify advantages on how core strength will help you for life

9.7

* Create and implement a plan to clean up the environment while being active.
* Willingly participate in a variety of dances and in body management activities
* Participate vigorously in a variety of AEA
* Practise effective tactics and strategies

9.8

* Treat environment with respect while in AEA

9.9

* Express personal insights in how personal skills impact career choices.

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