**North East School Division**



**Unpacking Outcomes**

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| **Unpacking the Outcome** | | |
| **Explore 🡪 methods**  **Explore 🡪 opportunities**  **Explore (research, understand, participate)**  **Sustaining lifelong (continued outside this class for the rest of their lives)**  **Fitness (physically healthy)** | | |
| **Outcome** (circle the verb and underline the qualifiers) | | |
| **PE30.2 Lifelong Fitness – Explore methods and opportunities for sustaining lifelong fitness.** | | |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| * Technologies – heart rate monitor, fitness and activity tracker, Apple watch, sleep trackers, FitBit, video * Organizations – fitness facilities, recreational sports leagues, recreational arts/dance, * community-based leisure services * Vocabulary – specificity, progression, reversibility, overload, FIIT, aerobic thresholds * Heart rate (resting and active) * Physical activities and training types | * Physical activity interests may change as I age * Opportunities for physical activity depend on one’s community * Lifelong fitness is the responsibility of the individual * There are many places to get fitness in one’s community * Principles of training help us become more fit * We can improve our aerobic thresholds * Sleep is a key component of health and fitness | * Reflect on questions such as:   + How might my lifestyle change after graduation?   + What factors after graduation might influence how I pursue personal fitness goals?   + How might my physical activity interests change as I age?   + What organizations and events exist to support my lifelong fitness? * Implement various principles of training (e.g., specificity, progression and reversibility, overload and FITT: Frequency, Intensity, Time and Type) and reflect on how they address health- and skill-related components of fitness. * Demonstrate how to incorporate suitable technologies (e.g., heart rate monitor, fitness and activity tracker, and video) to enhance physical activity goals. * Recommend physical activities that maximize an individual’s ability to improve aerobic thresholds (e.g., target and maximum heart rate). * Identify events (e.g., annual winter games, fun run, yoga in the park, cycling, Spartan race and pow wow) in the community that support lifelong fitness. * Identify organizations in the community (e.g., fitness facilities, recreational sport leagues and community-based leisure services) that promote lifelong fitness. * Create a plan to identify events and organizations in a community that promote lifelong fitness. |
| **ESSENTIAL QUESTIONS** | | |
| **How might my lifestyle change after graduation?**  **What factors after graduation might influence how I pursue personal fitness goals?**  **How might physical activity interests change as I age?**  **What organizations and events exist to support lifelong fitness?**  **Why is it important to get involved in community events?**  **How can I get and stay fit?**  **How is sleep connected to health and fitness?** | | |