**North East School Division**



**Unpacking Outcomes**

|  |
| --- |
| **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?** |