**North East School Division**



**Unpacking Outcomes**

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| **Outcome (stated in its entirety) to be unpacked** | | |
| **3.9 Safety - Evaluate personal commitment to assessing risk factors and applying safe practices while participating in a variety of movement activities.** | | |
| **Outcome Unpacked** (circle the verb and underline the Nouns/Qualifiers) | | |
| **Evaluate commitment to assessing risk factors.**  **Evaluate commitment to applying safe practices during movement activities** | | |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| * **Risk Factors** – Behaviors, equipment, people or obstacles that can cause harm to an individual during activity. * **Safe Practices** – Behaviors or actions taken by people to ensure safe participation in activities that are free from injury. * Qualities of safe movement * Safety provisions * Kinds of illness or injury * Vocabulary – body control, benefits, risks, body management, prevention, protection | * Risk factors can cause injury to self or others. * If something has the potential to hurt or damage somebody then it is a Risk Factor * Everybody involved is responsible for safe practices. * If we do not use our body properly it can be damaged. * Everybody possesses their own physical limitations. * Everybody is responsible for safety during movement activities. | a. Demonstrate and explain appropriate body control and safe movement during participation in movement activities (e.g., body alignment during lifting, carrying, pushing, and pulling).  b. Analyze the safety benefits and risks associated with participation in specific movement activities (e.g., body management activities – landings and rotations; games – physical contact with other people).  c. Propose and practise preventative solutions to potential risks associated with participation in specified movement activities (e.g., body management activities – protecting neck when rolling; target games – pinching fingers between bowling balls; striking/fielding games – being hit by a long-handed implement; invasion/territorial games – tripping over another group’s ball).  d. Determine safety provisions (e.g., band-aids, tweezers, sling) needed in case of possible injury or illness (e.g., cuts, burns, heat exhaustion, allergies) that can occur during participation in movement activities.  e. Evaluate own approach to safe participation in a variety of movement activities. |
| **ESSENTIAL QUESTIONS** | | |
| 1. **Why pay attention to Risk Factors?** 2. **How do we know what is and isn’t a Risk Factor?** 3. **Who is responsible for Safe Practices during a movement activity?** | | |