**North East School Division Planning Organizer**



**Phys Ed Grades 6 – 9**

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| **Stage 1 – Begin With the End in Mind** | | |
| **Big Ideas** (What do we want students to remember 40 years from now?) | | |
| You need to have a level of personal care for your life.    How do I care for myself?  How do I know when I am healthy?  **Contexts** (Descriptions found on page 12 of curriculum document)   |  |  |  |  | | --- | --- | --- | --- | | **Goals** | | | | | **Active Living**  Enjoy and engage in healthy levels of participation in movement activities to support lifelong active living in the context of self, family, and community | **Skilful Movement**  Enhance quality of movement by understanding, developing, and transferring movements concepts, skills, tactics, and strategies to a wide variety of movement activities | **Relationships**  Balance self through safe and respectful personal, social, cultural. And environmental interactions in a wide variety of movement activities. | | | |
| **Outcomes** (Bold the verbs or skills, underline the nouns or noun phrases) | | |
| **9.11**  **Apply** an *understanding* of how to prevent (i.e. *proper technique*) and **care** for a variety of *movement activity related injuries* (e.g. sprains, breaks, contusions, skin irritations, concussions)  **Apply 🡪 understanding (injury prevention)**  **Care 🡪 for injuries** | | |
| **Understandings** | **Essential Questions** | |
| 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. | How can you prevent injuries in a sport?  Why do injuries in sport happen?  How do we treat injuries on sports?  How are first aid and understanding of bodies and movement linked? | |
| **Students need to know:** | **And be able to do:** | |
| **Various techniques of preventing injury**  **Types of treatment for injury**  **Know the demands of each activity**  **Biomechanics**  **Efficient/inefficient movement** | | **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** |