**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?) |
| **Contexts** Who defines “me”?

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| **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. |

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| **Outcomes** (Bold the verbs or skills, underline the nouns or noun phrases) |
| * 1. **Body Composition**

**Determine** safe and credible publicly *promoted options for managing body composition and weight*. |(i.e. decrease body fat, increase muscle content) and **analyze** the influence of *mass media on body image***.****Determine 🡪 options****Analyze 🡪 influence** |
| **Understandings**  | **Essential Questions**  |
| 1. Media influences body image by several factors, pressures, and advertising.
2. There are options which are safe for promoting and managing body composition and options which are not
3. Fitness can go hand-in-hand with money or commercial products.
4. Not everything being promoted is safe.
5. There are things to consider around safety when losing weight.
6. Society is looking for easy, quick ways of losing weight
7. Our beliefs around weight loss and body composition are not the same as in other places.
8. There are often pros and cons of commercial products and options
 | * How does media influence body image?
* How can body composition be promoted and managed safely?
* What does “safety” mean when managing body weight and composition?
* What are the benefits of commercial products for managing body weight and composition and how do we know?
* Why does society want us to lose weight?
* How do we determine what is safe and harmful when managing weight and body composition?
* Why are there so many weight loss/fitness ads in society?
* What are the pros and cons of products?
* Are messages the same around the world?
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| **Students need to know:**  | **And be able to do**: |
|  * What things are safe and unsafe in terms of weight management and body composition?
* What does safe mean?
* Benefits of public options
* Drawbacks of products and options
* What is body composition?
* Examples of weight management and body composition options.
 |  * Determine ways to maintain a healthy body
* Analyze how media influences us
* Appraise the benefits and drawbacks of publically promoted options
* Appraise the safety of managing weight and composition
* Propose conclusions as to why society is attracted to commercially promoted means of weight loss
* Locate proof of the lack of safety within commercial products
* Debate the pros and cons of products
* Analyze the fitness benefits of commercial fitness equipment
* Propose how the “fitness and weight control” industry might affect body image
* Express insights in response to questions about managing weight loss and body composition
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