**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?) |
| Core strength improves positive and body strength and decrease chance of injuryHow does core strength make us stronger?

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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) |
| **9.3 Core strength****Investigate and apply safe and effective strategies for developing the strength of core muscles and joint muscles****Investigate 🡪 safe strategies****Apply 🡪 safe strategies** |
| **Understandings**  | **Essential Questions**  |
| * There is a difference between joint and core muscles.
* Core strength activities improve skilful movement.
* Core strength reduces the chance of injury.
* There are different ways to exercise core strength
* There are major and minor muscles that get used on all exercises
* Core strength supports active living for life as well as performance in other movements
* Core strength relates to the muscular system
* Low weight at high reps is more beneficial for joint muscles strength than high weight at low reps.
 | * What are some safe exercises that develop your core and joint muscles?
* Why is core strength important in skilful movement?
* How do we determine the difference between core and joint muscles?
* How does the development of core strength improve the quality of life?
* How can we reduce the chance of injury while developing muscles?
* How are joint muscles, core muscles and the muscular system related?
* What kinds of programs work best for developing core and joint muscles?
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| **Students need to know:**  | **And be able to do:**  |
|  * Similarities and differences between core and joint muscles
* Safe and effective strategies for developing strength
* Where to look for strategies
* How to create an exercise routine
* Uses of different exercise equipment
* How core strength is important to all movement and to the overall muscular system
* Safety issues when developing muscles
* Weight/rep information
 |  * Investigate safe and effective strategies
* Apply safe and effective strategies
* Develop strength in core and joint muscles
* Identify and differentiate between core and joint muscles
* Create an exercise routine focusing on core strength
* Understand and use different equipment that strengthen your core
* Identify advantages on how core strength will help you for life
* Explain how core and joint muscles relates to the muscular system
* Identify safety issues related to the development of core and joint muscles
* Identify and incorporate safe methods in weight-bearing exercises
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