**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 injury  How does core strength make us stronger?   |  |  |  |  | | --- | --- | --- | --- | | **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) | | |
| **9.3 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? | |
| **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 |