**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?) |
| Increasing your components of fitness provides more success in skills for sports, activities, and quality of life.

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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) |
| **9.4 Skill-related Fitness****Implement personal plans for improvement of a self-selected skill-related component of fitness (power, agility, speed, reaction time, balance and coordination) as it applies to complex movement skills used in a sport or activity of interest (e.g. power in the legs to increase vertical jump for volleyball spike, agility for avoiding a pin in wrestling, balance used in ballet, coordination used in juggling or cup stacking).** **Implement 🡪 personal plans** |
| **Understandings**  | **Essential Questions**  |
| * Training techniques improves the quality of your fitness and your life.
* Everyone has different personal goals for fitness
* Self-Assessment enhances personal growth
* We continue lifelong fitness activities when we plan and apply our own personal programs.
 | * Why are the skill-related components of fitness important to skill improvement and the quality of life?
* How are the skill related components of fitness related to overall improvement?
* How does training improve our fitness?
* How can researching training techniques improve the quality of our lives?
* Why do we make personal plans?
* Why is it important for us to assess ourselves and how do we do it?
* Why is it important for students to take ownership?
* What things make me want to be more fit?
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| **Students need to know:**  | **And be able to do:**  |
|  * Training techniques
* Pre/Post assessment
* How to evaluate your program
* How to develop a personal plan
* Skill-related fitness components
* Movement skills
 |  * Research and demonstrate various training techniques
* Implement personal plan for a skill-related component and movement skill
* Implement their pre/post assessment tools
* Evaluate their program
* Express insights on who is responsible for enhancing ability
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