**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.   |  |  |  |  | | --- | --- | --- | --- | | **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) | | |
| **9.4 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? | |
| **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 |