**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?) |
| A well-balanced lifestyle can be developed through a variety of activities.

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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) |
| **9.8 Body Management: Express insights on the experience of participating in body management activities, including dance and gymnastics, as well as others as a means to support participation in recreational and leisure time activities for physical, emotional, mental and spiritual well-being.****Express 🡪 insights****to****support🡪 participation** |
| **Understandings**  | **Essential Questions**  |
| * A variety of body management activities can help develop a well-balanced lifestyle.
* Dance is often a reflection of culture
* Personal preference is part of choices we make
* The pros and cons of an activity can vary depending on the participant
* Thinking about our own experiences can help us get insight into the choices we make
* There are a variety of ways to reflect on our experiences
 | * Why are body management activities beneficial to a healthy lifestyle?
* Why do certain body management activities appeal to me rather than others?
* How is dance influenced by culture and how is culture influenced by dance?
* How do who we are impact the choices we make?
* How are pros and cons personal and contextual?
* How does reflecting help our decision-making?
* How can we reflect in ways that are meaningful to us/
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| **Students need to know:**  | **And be able to do**  |
|  * How to do a variety of body management activities
* How to do a variety of dances
* What are body management activities
* What are the physical, mental, emotional benefits of participation
* Pros and cons of different activities
* Meaning of insights
* Methods for expressing insights
 |  * Willingly participate in a variety of dances and in body management activities
* Assess the benefits of participation in body management activities
* Determine and analyze personal preferences of activities
* Investigate career options in body management activities
* Analyze positive and negative outcomes for specific activities
* Examine how activity benefits the whole person
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