**Physical Education Outcomes for Grades 9 and 10**

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| GENERAL CURRICULUM OUTCOMES –  DOING | GENERAL CURRICULUM OUTCOMES – KNOWING | GENERAL CURRICULUM OUTCOMES – VALUING |
| Students will be expected to  • Demonstrate efficient and effective movement skills and concepts  • Demonstrate a functional level of activity specific motor skills  • Demonstrate efficient and effective body mechanics  • Demonstrate an ability to cooperate with others | Students will be expected to  • Understand the principles and concepts that support active living  • Understand how to maintain a personal level of functional physical fitness  • Understand the importance of safety rules and procedures  • Understand the basic concepts and principles related to all movement categories | Students will be expected to  • Develop positive personal and social behaviours and interpersonal relationships  • Develop a positive attitude toward active living in the pursuit of lifelong health and well being |
| SPECIFIC CURRICULUM OUTCOMES –  DOING, GRADE 9 | **SPECIFIC CURRICULUM OUTCOMES –**  **KNOWING, GRADE 9** | **SPECIFIC CURRICULUM OUTCOMES –**  **VALUING, GRADE 9** |
| 1.D.1 Apply principles of training to a fitness program.  1.D.2 Participate in physical activities at a level that contributes to the goals of a fitness plan.  1.D.3 Apply basic offensive strategies in a variety of games and activities.  1.D.4 Apply basic defensive strategies in a variety of games and activities.  1.D.5 Demonstrate the ability to create and/or follow movement sequences to music.  1.D.6 Demonstrate movement principles in individual, dual, and team activities.  1.D.7 Demonstrate cooperative skills in interactions with others. | 1.K.1 Explain the concept of healthy active living and the wellness-awareness continuum.  1.K.2 Explain the differences between health related fitness and skill related fitness.  1.K.3(a) Design a fitness program based on the principles of training.  1.K.3(b) Explain the importance of an appropriate warm-up and cool-down.  1.K.4 Demonstrate an understanding of the concepts of balanced diet, using Health Canada Standards, and an ability to apply them to a personal plan.  1.K.5 Explain the effects of substances on the body and the consequences of their misuse.  1.K.6 Explain how to prevent sexually transmitted infections (STIs) and pregnancy.  1.K.7 Apply safety rules, routines, and procedures while participating in physical activity. | 1.V.1 Demonstrate a willingness to participate in a variety of activities.  1.V.2 Demonstrate sporting behavior and fair play concepts in interactions with others.  1.V.3 Attempt new activities and define success for themselves. |
| SPECIFIC CURRICULUM OUTCOMES –  DOING, GRADE 10 | **SPECIFIC CURRICULUM OUTCOMES –**  **KNOWING, GRADE 10** | **SPECIFIC CURRICULUM OUTCOMES –**  **VALUING, GRADE 10** |
| 2.D.1 Assess personal results of health related fitness tests and design a personal program.  2.D.2 Refine and apply the principles of training in the development of personal fitness.  2.D.3 Design and implement effective warm-up and cool-down routines for specific activities.  2.D.4 Apply increasingly complex offensive strategies in a variety of  games and activities.  2.D.5 Apply increasingly complex defensive strategies in a variety of  games and activities.  2.D.6 Create, refine, and present a variety of dance sequences alone and with others.  2.D.7 Demonstrate and/or extend movement principles in individual, dual, and team activities.  2.D.8 Demonstrate cooperation and supportive behaviour in interactions with others. | 2.K.1 Differentiate between the benefits of active living and physical fitness development, based on the wellness  continuum.  2.K.2 Demonstrate an understanding of the major systems of the body and apply the knowledge to personal goal setting in health, wellness, and fitness.  2.K.3 Explain the principles of training for physical activities.  2.K.4 Demonstrate the ability to use information on food labels to make daily healthy food choices.  2.K.5 Apply decision making models with regard to substance use and abuse and to sexual decision making.  2.K.6 Demonstrate an understanding of appropriate precautions when exercising in a variety of environments. | 2.V.1 Apply safety rules, routines, and procedures consistently while  participating in physical activity.  2.V.2 Demonstrate sporting behavior and fair play concepts in interactions with others. |