

Course Descriptions

PE and Health Curriculum Description

Students will experience a distinctive program that is based on character education, and respect, with the developmental needs, examined at each stage of growth. A continual focus is on character development, healthy competition, teamwork, and technique. We teach AISZ core values by focusing on respect, safety, and inclusion. AISZ students enjoy access to excellent indoor and outdoor facilities.

The Physical Education Program in 6th – 8th grade provides for physical, mental, social, and emotional skill development, which will be continued in the high school program. The emphasis in the 6th – 8th grade Physical Education program is to develop this understanding and skill through participation in physical activity.

Activities: The following activities will be used to develop understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. flag football, volleyball, football/soccer, fitness training, track and field, team handball, badminton, tennis, ultimate frisbee, field hockey, ice skating, and basketball.

COURSE DESCRIPTIONS

Grade 6 Team sports are a primary focus at the 6th-grade level. Basic and advanced skills are taught and reviewed through all team and individual sports, and group activities throughout the year. Students will continue to exhibit responsible behaviors and sportsmanship, as they apply proper rules and procedures. As part of the health curriculum, grade 6 students demonstrate an understanding of factors that contribute to healthy development including the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. Students are expected to understand the health effects related to substance use, addictions, and related behaviours as well as making healthy choices related to diets. Students will develop an understanding of personal safety and preventing injuries. In the growth and development area, students will be able to identify and major parts of the reproductive system and the relation to puberty.

Grade 7 This course provides 7th-grade students with the continuing opportunity to learn to work as a team to achieve a common goal. The focus is on the development and application of movement skill combinations and knowledge of individual/team and lifelong activities. Students will continue to exhibit responsible behaviors and sportsmanship, and they will apply proper rules and procedures. The Grade 7-8 program offers students a more complete experience in the sports of basketball, handball, ice/field hockey, and volleyball. Students in grade 7 health will develop an understanding of the key concepts of Healthy living/eating, Personal Safety and Injury Prevention, Substance Use and Misuse, and

Growth Development. Students will develop and demonstrate making healthy choices to make reasoned decisions related to their personal health and well-being. Building on the grade 6 curriculum, students will demonstrate an understanding of linkages between mental illness and problematic substance use. Students will identify resources that can provide support for concerns related to healthy living, substance abuse, and healthy sexuality. Students in grade 7 will build on their knowledge of growth and development by understanding the reproductive systems as related to fertilization.

Grade 8 This course provides 8th-grade students with the continuing opportunity to learn to work as a team to achieve a common goal. The focus is on the development and application of movement skill combinations and knowledge of individual/team and lifelong activities. Students will continue to exhibit responsible behaviors and sportsmanship, and they will apply proper rules and follow safety regulations. Students in grade 8 health will understand health concepts related to healthy eating by demonstrating an understanding of various nutrients, evaluate personal food choices and identify strategies for promoting healthy eating. Building on the grade 7 standard of Personal Safety and Injury Prevention will identify situations that could lead to injury or death, demonstrate the ability to assess situations for potential dangers, and analyze the impact of violent behaviours. Furthering the study of the topic of Substance Abuse and Misuse, students in grade 8 will identify and describe the warning signs of substance abuse and addictions. In the topic of Growth and Development, students will identify the aspects of healthy sexuality, and identify local support groups for related issues. Students will understand abstinence, and apply living skills in making informed decisions related to sexual activities.

Grade 9: The main goals during grade 9 are to refine the knowledge, understanding, and skills necessary to maintain physical health throughout students' lives. Students will actively participate in units combining all of the activities covered in PE 8 and build on concepts learned in those grades. Physical Education classes in grade 9 are more designed to practice and develop skills in activities that will help students maintain fitness throughout their life. Early in the fall students fitness levels will be assessed in the following areas: cardiovascular endurance, flexibility, muscular strength and muscular endurance. Students set personal fitness goals. Students will be introduced to life-long activities designed to increase their likelihood of exercising in the future. Students in grade 9 health will understand health concepts and be able to explain how active living and healthy eating contribute to their physical and mental health. For the Personal Safety strand, students will understand the benefits and risks of using electronic communication technologies. They will identify warning signs and symptoms that could be related to mental health concerns. In Grade 9 students will focus on the social factors that may influence substance use, and understand resilience and making healthy choices related to alcohol, drugs and tobacco. Students will apply their knowledge of sexual health and safety including a strong understanding of the concept of consent and sexual limites. |

Grade 10: The Physical Education grade 10 course is designed to fulfil the growth, developmental, and behavioral needs of each student through physical activity and movement. Emphasis is placed on involvement and the opportunity for each to build, cultivate, and maintain a strong and active mind and body through participation in the various activities covered in grade 9, enhancing the idea of lifelong sport and activity. By the end of grade 10, by practice and participation, students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health. Students in grade 10 health will understand health concepts related to personal eating habits. They will demonstrate an understanding of how they can have an impact on choices at school and in the community. Building on the grade 9 Personal Safety strand, students will demonstrate an understanding of factors that enhance mental health and emotional well-being. Students will understand addictive behaviors and the impact related to substance abuse. The Sexual Health component includes students describing misconceptions about sexuality and how these may cause harm. They will understand the factors that influence sexual decision making and how to use decision making and communication skills effectively to support responsible choices.