****[**Welcome To Physical Education 9!**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?lang=en&XML=physical_education_8.xml)

***The Goals of K-12 Physical Education are:***

1. 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.
2. Skillful Movement - Enhance quality of movement by understanding, developing and transferring movement concepts, skills, tactics and strategies to a wide variety of movement activities
3. Relationships - Balance self through safe and respectful personal, social, cultural and environmental interactions in a wide variety of movement activities.

 ***Working to Develop PHYSICALLY LITERATE* *Individuals who*:**

* Move with competence in a variety of physical activities that benefit the development of the whole person.
* Consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
* Are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
* Make healthy, active choices that both benefit and respect their whole self, others, and their environment.

***There Are Three Rules To Expect In This Class:***

1. ***GIVE THE BEST OF YOURSELF*** that you have to give today.
2. ***BE RESPECTFUL*** of yourself, others and the equipment.
3. ***BE SAFE*** with both yourself and others.

***For Class You Will Need:***

1. A change of clothing that is comfortable for you to move in and respectful to others.
* T-shirts cover belly button with both hands raised overhead; T-shirts preferred over tank tops.
* Tank top straps are at least 2 inches wide with all undergarments covered.
* Shorts are at least mid-thigh length. Light sweats/yoga pants/wind pants are also welcome.
* Athletic footwear, preferably not outside footwear. Flip flops, clogs, flats, cowboy/roper boots, sandals, untied skater shoes are not appropriate footwear.
1. Any completed homework required.
2. Eye protection (shatter proof goggles/glasses) – option to order through the school at any time.
3. Badminton racquet - option to order through the school each spring.
4. Seasonal access to backpack, bicycle, skates, swimsuit, winter clothing.
5. An open mind, a desire to try new things and the ability to laugh at yourself☺

**Not only are individuals built for and need to move, they also need to appreciate and understand the “how’s, what’s, where’s & why’s” of movement... Welcome to Physical Education!**

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| **By The End Of PE 9 You Will Be Able To Say…** | **% of Final Mark** |
| 9.1 | [**Health-Related Fitness:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=11&lang=en&XML=physical_education_9.xml)I can carry out a daily action plan using the principles of training to improve/maintain my health-related fitness. | 14 | **Active Living****40%** |
| 9.2 | [**Body Composition:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=12&XML=physical_education_9.xml)I can determine safe and credible options for managing body composition and weight while analyzing the influence of media on body image. | 6 |
| 9.3 | [**Core Strength:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=13&XML=physical_education_9.xml)I can investigate strategies and effectively develop strength in my core and joint muscles safely. | 8 |
| 9.4 | [**Skill-related Fitness:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=14&XML=physical_education_9.xml)I can, using a sport/activity of my choice, carry out a personal action plan to improve a component of skill-related fitness of my choice.  | 5 |
| 9.7-9 & 9.11-12 | *Flexible*  | 10 |
| 9.5 | [**Complex Skills:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=15&XML=physical_education_9.xml)I can become proficient in four chosen skills from four of the following: target games, invasion/territorial games, net/wall games, alternate environment activities & body management activities. | 3 | **Skillful Movement****40%** |
| 9.6 | [**Games, Tactics & Strategies:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=16&XML=physical_education_9.xml)I can, with others, design and carry out plans that use effective tactics and strategies to increase my performance and enjoyment, along with others, for each type of game: target, striking/fielding, net/wall, invasion/territorial & low organizational/inventive/cooperative games. | 12 |
| 9.7 | [**Alternate Environment:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=17&XML=physical_education_9.xml)I can, with others, design and carry out plans that use effective tactics & strategies to increase my performance and enjoyment, along with others, in alternate environment activities while respecting the environment. | 12 |
| 9.8 | [**Body Management:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=18&XML=physical_education_9.xml)I can share my experience of doing body management activities and explain how it contributes to participation in recreational and leisure activities for my holistic well-being. | 6 |
| 9.7-9.8 | *Flexible* | 4 |
| 9.9 | [**Volunteerism & Leadership:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=19&XML=physical_education_9.xml)I can use my leadership skills to plan and lead a movement activity event within my class, school or community. | 5 | **Relationships****20%** |
| 9.10 | [**Influences:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=110&XML=physical_education_9.xml)I can analyze how mass media & advertising influences and promotes active living. | 2 |
| 9.11 | [**Prevention & Care:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=111&XML=physical_education_9.xml)I can apply my understanding of how to prevent and care for activity related injuries. | 3 |
| 9.12 | [**Respectful Behaviour:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=112&XML=physical_education_9.xml)I can identify positive & negative influences of sport & mass media before showing positive behaviours as a spectator and participant in movement activities. | 3 |
| 9.13 | [**Contemporary Culture:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=113&XML=physical_education_9.xml)I can investigate opportunities and challenges that influence my ability to become a skillful mover and live a balanced active lifestyle while developing & maintaining safe and respectful relationships. | 3 |
| 9.6-9.8 | *Flexible*  | 4 |