****[**Welcome To Physical Education 7!**](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 7 You Will Be Able To Say…** | **% of Final Mark** |
| 7.1 | [**Health-related Fitness:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=11&XML=physical_education_7.xml)I can create & carry out my own daily fitness plan, using the F.I.T.T. principle, to improve my cardiovascular endurance, flexibility and cardiovascular endurance. | 14 | **Active Living****35%** |
| 7.2 | [**Body Composition:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=12&XML=physical_education_7.xml)I can explain how my eating and drinking habits will affect participation in various activities and how they could affect a healthy body weight and body composition. | 4 |
| 7.3 | [**Skeletal System:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=13&XML=physical_education_7.xml)I can explain the effect that exercise and lack of it have on my skeleton and on the skeletal system while I’m moving. | 3 |
| 7.4 | [**Cross-training:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=14&XML=physical_education_7.xml)I can demonstrate how cross training improves fitness and skill across a variety of activities. | 5 |
| 7.10-7.13 | *Flexible* | 9 |
| 7.5 | [**Complex Skills:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=15&XML=physical_education_7.xml)I can demonstrate control, with smooth transitions, while moving with objects or remaining still during games or sports. | 7 | **Skillful Movement****40%** |
| 7.6 | [**Biomechanics:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=16&XML=physical_education_7.xml)I can improve my ability to move objects, my travelling and non-travelling skills using principles of balance, stability, spin and rotation. | 5 |
| 7.7 | [**Movement Concepts:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=17&XML=physical_education_7.xml)I can analyze and, with help, apply movement concepts while playing net/wall games & striking/fielding games. | 5 |
| 7.8 | [**Decision Making:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=18&XML=physical_education_7.xml)I can make appropriate decisions and choose skills, tactics & strategies that increase my own and my team’s performance in the following types of games: net/wall, striking/fielding and low organizational, inventive & cooperative. | 8 |
| 7.9 | [**Alternate Environment & Body Management:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=19&XML=physical_education_7.xml)I can use the appropriate movement skills and in combination to participate in a variety of alternate environment & body management activities. | 10 |
| 7.4 | *Flexible* | 5 |
| 7.10 | [**Volunteerism & Leadership:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=110&XML=physical_education_7.xml)I can plan, organize, lead & evaluate an interactive movement activity for younger students. | 6 | **Relationships****25%** |
| 7.11 | [**Influences:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=111&XML=physical_education_7.xml)I can identify what might affect opportunities for people to participate in physical activity and develop physical skills. | 2 |
| 7.12 | [**Safety & Rules:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=112&XML=physical_education_7.xml)I can develop an appreciation for the impact of safety & rules on myself and others after analyzing those related to net/wall games, striking/fielding games, low organizational & inventive games, alternate environment & body management activities. | 5 |
| 7.13 | [**Relationship Skills:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=113&XML=physical_education_7.xml)I can show responsible and caring behaviours for personal growth while participating in activities. | 4 |
| 7.14 | [**History & Culture:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=114&XML=physical_education_7.xml)I can look at, critique and appreciate various physical activities developed by Canada’s Northern people & how they contribute to my well-being and others. | 4 |
| 7.8-7.9 | *Flexible* | 4 |