

Grade Nine Physical Education
Record of Student Achievement

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Outcome 9.3 Core Strength	Criteria for Achieving the Outcome						
	Demonstrates an understanding of the distinction between core muscles and joint muscles.	Explains the safety issues that are common to, and unique to, the development of strength in core muscles and joint muscles.	Creates and implements workout routines that focus on the development and maintenance of core strength.	Incorporates equipment and technology into workout routines that focus on the development of core strength.	Articulates the advantages of focusing on the development of core strength as a means to support active living as well as performance in movement activities.	Explains the concept of core strength training as it relates to the body muscular system.	
Class: Students							

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Outcome 9.5 Complex Skills	Criteria for Achieving the Outcome						
	Applies principles of practice to a plan to improve performance in self-selected complex skill.	Uses feedback to determine strengths and weaknesses in self-selected complex skills.	Creates and implements a plan to improve performance in each of 4 selected complex movement skills.	Provides meaningful feedback on skill performance of self and others that can be a focus for improvement.	Researches, represents and applies the biomechanical principles of selected skills to correct errors.	Identifies all the components of fitness that are significant influences on the performance of particular complex skills.	Discusses and practices mental imagery.
Class: Students							

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Outcome 9.6 Games, Tactics, and Strategies Class:	Criteria for Achieving the Outcome						
	Fully engages in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.	Considers tactical and strategic options, as well as appropriate application of the rules and skills of the games, both full and lead up.	Demonstrates an understanding of effective tactical and strategic decisions to be used in given game situations.	Works towards a level of automation in the application of tactical decisions while participating in game situations.			
Students							

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Outcome 9.10 Influences	Criteria for Achieving the Outcome						
	Identifies the various mediums through which our understanding, beliefs, and attitudes regarding active living are influenced.	Analyzes the impact of promotional strategies on active living.	Explains the variety of benefits associated with participation in publicly promoted movement activity events such as a charity walk/run.	Debates the influence of television on attitudes towards participation in movement activities and as a means of promoting mass participation in regular movement activity.			
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Outcome 9.13 Contemporary Culture Class:	Criteria for Achieving the Outcome						
	Proposes and discusses connections between the types and levels of participation of self and others in movement activities.	Expresses insights on how Canada's success at World level athletic competitions impacts movement activity options at the provincial and local level.	Provides insight in response to questions such as "Has society gone too far in its concern for safety?" "and "Is there a role for government to play in controlling the activity levels of its citizens?"	Explores and discusses contemporary opportunities and challenges that can influence personal standards and decisions related to participation in movement activities.			