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# **PROVINCIAL/TERRITORIAL PHYSICAL EDUCATION CURRICULUM LINKS FOR ROOKIE RUGBY**

## **BRITISH COLUMBIA & YUKON**


























[www.rookierugby.ca](http://www.rookierugby.ca)

## British Columbia & Yukon

<b>K</b> <b>Kindergarten - Curricular Competencies</b>	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Physical Literacy</b>						
Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments						
Describe the body's reaction to participating in physical activity in a variety of environments						
Develop and demonstrate safety, fair play, and leadership in physical activities						
<b>Healthy and Active Living</b>						
Participate daily in physical activity at moderate to vigorous intensity levels						
Identify opportunities to be physically active at school, at home, and in the community						
Identify and explore a variety of foods and describe how they contribute to health						
Identify opportunities to make choices that contribute to health and well-being						
Identify sources of health information						
<b>Social and Community Health</b>						
Identify and describe a variety of unsafe and/or uncomfortable situations						
Develop and demonstrate respectful behaviour when participating in activities with others						
Identify caring behaviours among classmates and within families						
<b>Mental Well-Being</b>						
Identify and describe practices that promote mental well-being						
Identify and describe feelings and worries						
Identify personal skills, interests, and preferences						

## British Columbia & Yukon

1	First Grade - Curricular Competencies	Active Start					
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Physical Literacy							
Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments							
Describe the body's reaction to participating in physical activity in a variety of environments							
Develop and demonstrate safety, fair play, and leadership in physical activities							
Healthy and Active Living							
Participate daily in physical activity at moderate to vigorous intensity levels							
Identify opportunities to be physically active at school, at home, and in the community							
Identify and explore a variety of foods and describe how they contribute to health							
Identify opportunities to make choices that contribute to health and well-being							
Recognize basic health information from a variety of sources							
Social and Community Health							
Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations							
Develop and demonstrate respectful behaviour when participating in activities with others							
Identify caring behaviours among classmates and within families							
Mental Well-Being							
Identify and describe practices that promote mental well-being							
Identify and describe feelings and worries							
Identify personal skills, interests, and preferences							

## British Columbia & Yukon

# 2

### Second Grade - Curricular Competencies

### FUNDamentals

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

#### Physical Literacy

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments



Apply methods of monitoring exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities



Identify and explain factors that contribute to positive experiences in different physical activities



#### Healthy and Active Living

Participate daily in physical activity at moderate to vigorous intensity levels



Identify and describe opportunities to be physically active at school, at home, and in the community

Explore strategies for making healthy eating choices

Describe ways to access information on and support services for a variety of health topics

Explore and describe components of healthy living

#### Social and Community Health

Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Develop and demonstrate respectful behaviour when participating in activities with others



Identify and describe characteristics of positive relationships

Explain how participation in outdoor activities supports connections with the community and environment

#### Mental Well-Being

Identify and apply strategies that promote mental well-being

Identify and describe feelings and worries, and strategies for dealing with them

Identify personal skills, interests, and preferences and describe how they influence self-identity



## British Columbia & Yukon

# 3

### Third Grade - Curricular Competencies

### FUNDamentals

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

#### Physical Literacy

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments



Apply a variety of movement concepts and strategies in different physical activities

Apply methods of monitoring exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities



Identify and explain factors that contribute to positive experiences in different physical activities



#### Healthy and Active Living

Participate daily in physical activity at moderate to vigorous intensity levels



Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community

Explore and describe strategies for making healthy eating choices in a variety of settings

Describe ways to access information on and support services for a variety of health topics

Explore and describe strategies for pursuing personal healthy-living goals



#### Social and Community Health

Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Describe and apply strategies for developing and maintaining positive relationships

Explain how participation in outdoor activities supports connections with the community and environment

#### Mental Well-Being

Identify and apply strategies that promote mental well-being

Describe physical, emotional, and social changes as students grow older

Describe factors that influence mental well-being and self-identity

## British Columbia & Yukon

# 4

### Fourth Grade - Curricular Competencies

### Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

#### Physical Literacy

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments



Apply a variety of movement concepts and strategies in different physical activities



Apply methods of monitoring exertion levels in physical activity



Develop and demonstrate safety, fair play, and leadership in physical activities



Identify and describe preferred types of physical activity



#### Healthy and Active Living

Participate daily in physical activity at moderate to vigorous intensity levels



Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community



Explain the relationship of healthy eating to overall health and well-being



Identify and describe factors that influence healthy choices



Examine and explain how health messages can influence behaviours and decisions



Identify and apply strategies for pursuing personal healthy-living goals



#### Social and Community Health

Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations



Describe and assess strategies for responding to discrimination, stereotyping, and bullying



Describe and apply strategies for developing and maintaining positive relationships



Describe and apply strategies that promote a safe and caring environment



#### Mental Well-Being

Describe and assess strategies for promoting mental well-being



Describe and assess strategies for managing problems related to mental well-being and substance use



Explore and describe strategies for managing physical, emotional, and social changes during puberty



Describe factors that positively influence mental well-being and self-identity



## British Columbia & Yukon

# 5

**Fifth Grade - Curricular Competencies**
**Learn to Train**
**Lesson 1**
**Lesson 2**
**Lesson 3**
**Lesson 4**
**Lesson 5**
**Lesson 6**

### Physical Literacy

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments



Develop and apply a variety of movement concepts and strategies in different physical activities



Apply methods of monitoring and adjusting exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities



Identify and describe preferred types of physical activity



### Healthy and Active Living

Participate daily in physical activity designed to enhance and maintain health components of fitness



Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community

Analyze and describe the connections between eating, physical activity, and mental well-being

Describe the impacts of personal choices on health and well-being

Describe strategies for communicating medical concerns and getting help with health issues

Identify, apply, and reflect on strategies used to pursue personal healthy-living goals



### Social and Community Health

Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Describe and apply strategies for developing and maintaining healthy relationships

Describe and apply strategies that promote a safe and caring environment

### Mental Well-Being

Describe and assess strategies for promoting mental well-being, for self and others

Describe and assess strategies for managing problems related to mental well-being and substance use, for others

Explore and describe strategies for managing physical, emotional, and social changes during puberty

Explore and describe how personal identities adapt and change in different settings and situations



## British Columbia & Yukon

# 6

### Sixth Grade - Curricular Competencies

### Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

#### Physical Literacy

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments



Develop and apply a variety of movement concepts and strategies in different physical activities



Apply methods of monitoring and adjusting exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities



Identify and describe preferred types of physical activity



#### Healthy and Active Living

Participate daily in physical activity designed to enhance and maintain health components of fitness



Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness

Explore and plan food choices to support personal health and well-being

Describe the impacts of personal choices on health and well-being

Analyze health messages and possible intentions to influence behaviour

Identify, apply, and reflect on strategies used to pursue personal healthy-living goals



#### Social and Community Health

Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Describe and apply strategies for developing and maintaining healthy relationships

Explore strategies for promoting the health and well-being of the school and community

#### Mental Well-Being

Describe and assess strategies for promoting mental well-being, for self and others

Describe and assess strategies for managing problems related to mental well-being and substance use, for others

Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence

Explore and describe how personal identities adapt and change in different settings and situations



## British Columbia & Yukon

# 7

### Seventh Grade - Curricular Competencies

### Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

#### Physical Literacy

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments



Develop and apply a variety of movement concepts and strategies in different physical activities



Apply methods of monitoring and adjusting exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities



Identify and describe preferred types of physical activity



#### Healthy and Active Living

Participate daily in physical activity designed to enhance and maintain health components of fitness



Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness

Investigate and analyze influences on eating habits

Identify factors that influence healthy choices and explain their potential health effects

Assess and communicate health information for various health issues

Identify and apply strategies to pursue personal healthy-living goals



Reflect on outcomes of personal healthy-living goals and assess strategies used

#### Social and Community Health

Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Describe and apply strategies for developing and maintaining healthy relationships

Explore strategies for promoting the health and well-being of the school and community

#### Mental Well-Being

Describe and assess strategies for promoting mental well-being, for self and others

Describe and assess strategies for managing problems related to mental well-being and substance use, for others

Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence

Explore the impact of transition and change on identities

# REFERENCES

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[education.alberta.ca/media/160191/phys2000.pdf](http://education.alberta.ca/media/160191/phys2000.pdf)

## **British Columbia & Yukon**

[curriculum.gov.bc.ca/curriculum/physical-health-education](http://curriculum.gov.bc.ca/curriculum/physical-health-education)

## **Manitoba & Nunavut**

[edu.gov.mb.ca/k12/cur/physlth/curriculum.html](http://edu.gov.mb.ca/k12/cur/physlth/curriculum.html)

## **New Brunswick**

### **Kindergarten-Grade 5**

[www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/ElementaryPhysicalEducationCurriculumK-5.pdf](http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/ElementaryPhysicalEducationCurriculumK-5.pdf)

### **Grades 6-8**

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## **Newfoundland & Labrador**

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## **Saskatchewan**

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## **Ontario**

### **Grades 1-8**

[edu.gov.on.ca/eng/curriculum/elementary/health.html](http://edu.gov.on.ca/eng/curriculum/elementary/health.html)

## **Québec**

### **Elementary**

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### **Secondary**

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## **Nova Scotia**

[ednet.ns.ca/files/curriculum/ActiveHealthyLiving2005\\_sec.pdf](http://ednet.ns.ca/files/curriculum/ActiveHealthyLiving2005_sec.pdf)

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