



PRESENTED BY **HONDA**





















































PROVINCIAL/TERRITORIAL PHYSICAL EDUCATION CURRICULUM LINKS FOR ROOKIE RUGBY

ALBERTA & NORTHWEST TERRITORIES






www.rookierugby.ca





















































Alberta & Northwest Territories

<div>K</div> Kindergarten - Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
AK-1 Experience and develop locomotor skills through a variety of activities						
AK-3 Experience and develop non-locomotor skills through a variety of activities						
AK-5 Experience and develop ways to receive, retain and send an object, using a variety of body parts and implements and through a variety of activities						
AK-7 Experience the basic skills in a variety of environments; e.g., playground						
AK-8 Experience movement to respond to a variety of stimuli; e.g., music						
AK-9 Experience body awareness when performing dance activities						
AK-10 Demonstrate body and space awareness when performing space awareness games						
AK-11 Demonstrate an understanding of basic rules and fair play						
AK-12 Experience educational gymnastics; e.g., exploring the use of different body parts, types of effort, space and relationships						
AK-13 Experience the basic skills of running, jumping, throwing in a variety of environments; e.g., field						
Benefits Health						
BK-1 Recognize appropriate nutritional habits						
BK-2 Recognize improvement in physical abilities						
BK-3 Experience cardiorespiratory activities						
BK-4 Recognize personal abilities while participating in physical activity						
BK-6 Experience how physical activity makes one feel						
BK-7 Experience the changes that take place in the body during physical activity						
BK-8 Understand the connections between physical activity and emotional well-being; e.g., feels good						





























































Alberta & Northwest Territories

<div>K</div> Kindergarten - Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Cooperation						
CK-1 Begin to develop respectful communication skills appropriate to context						
CK-3 Identify and demonstrate etiquette and fair play						
CK-4 Experience different roles in a variety of physical activities						
CK-5 Display a willingness to play alongside others						
Do it Daily... For Life!						
DK-1 Show a willingness to participate regularly in short periods of activity with frequent rest intervals						
DK-2 Participate with effort in physical activities						
DK-3 Show a willingness to listen to directions and simple explanations						
DK-4 Participate in safe warm-up and cooldown activities						
DK-5 Experience moving safely and sensitively through all environments; e.g., movement activities						
DK-6 Participate in a class activity with a group goal; e.g., walk a predetermined distance						
DK-7 Make choices to be involved in a variety of movement experiences						
DK-8 Describe appropriate places for children to play						
DK-9 Make choices to be active						























































Alberta & Northwest Territories

1	First Grade - Curricular Competencies	Active Start					
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity							
A1–1 Perform locomotor skills through a variety of activities							
A1–3 Perform non-locomotory skills through a variety of activities							
A1–5 Demonstrate ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others							
A1–7 Demonstrate the basic skills in a variety of environments; e.g., tarmac activities							
A1–8 Perform simple movements by using elements of effort and space to respond to a variety of stimuli; e.g., music							
A1–9 Demonstrate body awareness when performing dance activities							
A1–10 Demonstrate body and space awareness when performing space awareness games							
A1–11 Demonstrate an understanding of basic rules and fair play for simple games							
A1–12 Demonstrate the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships							
A1–13 Demonstrate the basic skills of running, jumping, throwing in a variety of environments and using various equipment; e.g., skipping ropes							
Benefits Health							
B1–1 Identify healthy nutritional habits							
B1–2 Demonstrate ways to improve personal growth in physical abilities							
B1–3 Experience and improve continued frequency of involvement in cardio-respiratory activities							
B1–4 Recognize personal abilities while participating in physical activity							
B1–6 Describe how physical activity makes you feel							
B1–7 Recognize the changes that take place in the body during physical activity							
B1–8 Understand the connections between physical activity and emotional well-being; e.g., feels good							





























































Alberta & Northwest Territories

1	First Grade - Curricular Competencies	Active Start					
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Cooperation							
C1–1 Develop and demonstrate respectful communication skills appropriate to context							
C1–3 Identify and demonstrate etiquette and fair play							
C1–4 Identify different roles in a variety of physical activities							
C1–5 Display a willingness to play cooperatively with others in large and small groups							
Do it Daily... For Life!							
D1–1 Show a willingness to participate regularly in short periods of activity with frequent rest intervals							
D1–2 Demonstrate effort while participating in various activities							
D1–3 Show a willingness to listen to directions and simple explanations							
D1–4 Participate in safe warm-up and cooldown activities							
D1–5 Move safely and sensitively through all environments; e.g., space awareness activities							
D1–6 Participate in a class activity with a group goal; e.g., walk a predetermined distance							
D1–7 Try a challenging movement experience based on personal abilities							
D1–8 Identify and experience safe places to play in the community							
D1–9 Make decisions to be active							

















































Alberta & Northwest Territories

2 Second Grade - Curricular Competencies	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
A2-1 Select and perform locomotor skills involved in a variety of activities						
A2-3 Select and perform non-locomotory skills involved in a variety of activities						
A2-5 Select and perform ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others						
A2-7 Select and perform basic skills in a variety of environments and using various equipment; e.g., obstacle course						
A2-8 Demonstrate basic dance steps and movement; e.g., creative, folk, line, sequence and novelty, alone and with others, by using elements of effort, space and relationship						
A2-9 Perform simple movement sequences by using elements of body and space awareness and relationships, alone and with others						
A2-10 Create and play body and space awareness games						
A2-11 Apply basic rules and fair play while playing and learning the strategies of lead-up games						
A2-12 Select and perform the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships, to develop a sequence						
A2-13 Select and perform basic skills of running, jumping, throwing in a variety of environments and using various equipment; e.g., catching						
Benefits Health						
B2-1 Recognize that “energy” is required for muscle movement						
B2-2 Describe ways to improve personal growth in physical abilities						
B2-3 Experience movement involving the components of health-related fitness; e.g., flexibility, endurance, strength, cardiorespiratory activities						
B2-4 Identify personal physical attributes that contribute to physical activity						
B2-6 Describe how the body benefits from physical activity						
B2-7 Identify changes that take place in the body during physical activity						
B2-8 Understand the connections between physical activity and emotional well-being; e.g., feels good						






















































Alberta & Northwest Territories

2 Second Grade - Curricular Competencies	FUNDamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Cooperation						
C2-1 Identify and demonstrate respectful communication skills appropriate to context						
C2-3 Identify and demonstrate etiquette and fair play						
C2-4 Accept responsibility for assigned roles while participating in physical activity						
C2-5 Display a willingness to play cooperatively with others of various abilities, in large or small groups						
Do it Daily... For Life!						
D2-1 Express a willingness to participate regularly in physical education class						
D2-2 Identify personal factors that encourage movement						
D2-3 Demonstrate the ability to listen to directions, follow rules and routines, and stay on-task while participating in physical activity						
D2-4 Demonstrate and participate in safe warm-up and cooldown activities						
D2-5 Demonstrate moving safely and sensitively in various environments; e.g., modified games						
D2-6 Practise setting a short-term goal related to positive effort to participate in a physical activity						
D2-7 Identify ways to change an activity to make it a challenge based on personal abilities						
D2-8 Identify types of physical activities people choose within the community						
D2-9 Make appropriate movement choices considering personal space, safety, ability and the surrounding environment						

Alberta & Northwest Territories

<div>3</div> Third Grade - Curricular Competencies	FUNDamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
A3-1 Respond to a variety of stimuli to create locomotor sequences						
A3-3 Respond to a variety of stimuli to create non-locomotory sequences						
A3-5 Demonstrate ways to receive, retain and send an object, using a variety of body parts and implements; and, perform manipulative skills individually and with others while using a variety of pathways						
A3-7 Select and perform basic skills in a variety of environments and using various equipment; e.g., snowshoeing						
A3-8 Select and perform basic dance steps and patterns; e.g., creative, folk, line, sequence and novelty, alone and with others						
A3-9 Select and perform simple movement sequences by using elements of body and space awareness and relationships, alone and with others						
A3-10 Perform and play lead-up games and demonstrate elements of space awareness, effort and relationship						
A3-11 Demonstrate the ability to work together with a teammate/team to achieve a common activity goal while playing and learning the basic strategies of lead-up games						
A3-12 Select and perform the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships to develop a sequence						
A3-13 Manipulate a variety of small objects while performing basic skills to demonstrate personal control; e.g., juggling						
Benefits Health						
B3-1 Describe the concept of energy required for muscles						
B3-2 Demonstrate and describe ways to improve personal growth in physical abilities						
B3-3 Experience movement involving the components of health-related fitness; e.g., flexibility, endurance, strength, cardiorespiratory activities						
B3-4 Describe personal physical attributes that contribute to physical activity						
B3-6 Describe the benefits of physical activity to the body						
B3-7 Describe the changes that take place in the body during physical activity						
B3-8 Understand the connections between physical activity and emotional well-being; e.g., feels good						
































Alberta & Northwest Territories

3 Third Grade - Curricular Competencies	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Cooperation						
C3-1 Describe and demonstrate respectful communication skills appropriate to context						
C3-3 Identify and demonstrate etiquette and fair play						
C3-4 Accept responsibility for assigned roles while participating in physical activity						
C3-5 Display a willingness to share ideas, space and equipment when participating cooperatively with others						
Do it Daily... For Life!						
D3-1 Express a willingness to participate regularly in physical education class						
D3-2 Describe factors that encourage movement and a personal feeling about movement						
D3-3 Demonstrate the ability to listen to directions, follow rules and routines, and stay on task while participating in physical activity						
D3-4 Demonstrate and participate in safe warm-up and cooldown activities						
D3-5 Tell about safe movement experiences in various environments; e.g., gymnastic equipment						
D3-6 Set and achieve a short-term goal to increase effort and participation in one area of physical activity						
D3-7 Identify ways to change an activity to make it a challenge based on personal abilities						
D3-8 Describe types of physical activities people choose within the community and reasons for their choices						
D3-9 Make appropriate movement choices with consideration for safety of personal space, ability and surrounding environment						

























Alberta & Northwest Territories

4 Fourth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
A4-1 Select, perform and refine simple locomotor sequences						
A4-2 Consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance						
A4-3 Select, perform and refine simple non-locomotory sequences						
A4-4 Consistently and confidently perform non-locomotory skills by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance						
A4-5 Select, perform and refine ways to receive, retain and send an object with control						
A4-6 Consistently and confidently perform manipulative skills by using elements of body and space awareness, effort and relationship						
A4-7 Select, perform and refine basic skills in a variety of environments and using various equipment; e.g., water safety, skating, swimming						
A4-8 Select, perform and refine basic dance steps and patterns; e.g., creative, folk, line, sequence and novelty, alone and with others						
A4-9 Demonstrate a creative process to develop dance sequences alone and with others						
A4-10 Demonstrate critical thinking and problem-solving skills to modify games and achieve activity outcomes						
A4-11 Demonstrate strategies and tactics that coordinate effort with others; e.g., team, in order to achieve a common activity goal in lead-up games						
A4-12 Select, perform and refine the basic skills in educational gymnastics, e.g., use of different body parts, types of effort, space and relationships to develop a sequence						
A4-13 Select, perform and refine basic skills in individual activities; e.g., cross country running						

















































Alberta & Northwest Territories

4 Fourth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Benefits Health						
B4-1 Identify the nutritional needs related to physical activity						
B4-2 Demonstrate and describe ways to achieve a personal functional level of physical fitness through participation in physical activity						
B4-3 Experience movement, involving components of fitness						
B4-4 Recognize and personally acknowledge individual and other attributes that contribute to physical activity						
B4-6 Describe positive benefits gained from physical activity; e.g., physically, emotionally, socially						
B4-7 Demonstrate changes that take place in the body during physical activity						
B4-8 Understand the connection between physical activity, stress management and relaxation						
Cooperation						
C4-1 Articulate and demonstrate respectful communication skills appropriate to context						
C4-3 Identify and demonstrate etiquette and fair play						
C4-4 Select and demonstrate responsibility for assigned roles while participating in physical activity; and, accept ideas from others that relate to changing/adapting, movement experiences						
C4-5 Participate cooperatively in group activities						
C4-6 Identify and demonstrate positive behaviours that show respect for self and others						

























Alberta & Northwest Territories

4 Fourth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Do it Daily... For Life!						
D4-1 Demonstrate a willingness to participate regularly in physical education class						
D4-2 Demonstrate factors that encourage movement						
D4-3 Follow rules, routines and procedures for safety in a variety of activities						
D4-4 Participate in, and identify the benefits of, safe warm-up and cool-down activities						
D4-5 Describe how to move safely in various environments; e.g., skating rink						
D4-6 Set and achieve a long-term goal to increase effort and participation in one area of physical activity						
D4-7 Demonstrate different ways to achieve an activity goal that is personally challenging						
D4-8 Identify how people, facilities and communities influence physical activity						
D4-9 Make decisions to be active within group activities or individually						

























Alberta & Northwest Territories

5 Fifth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
A5-1 Select, perform and refine more challenging locomotor sequences						
A5-2 Consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance						
A5-3 Select, perform and refine more challenging non-locomotory sequences						
A5-4 Consistently and confidently perform non-locomotory skills by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance						
A5-5 Select, perform and refine more challenging ways to receive, retain and send an object with control						
A5-6 Consistently and confidently perform manipulative skills by using elements of body and space awareness, effort and relationship						
A5-7 Select, perform and refine more challenging basic skills in a variety of environments and using various equipment; e.g., cross-country skiing, orienteering						
A5-8 Demonstrate a variety of dances; e.g., creative, folk, line, sequence and novelty, alone and with others						
A5-9 Demonstrate a creative process to develop dance sequences alone and with others; and, demonstrate movement sequences in response to a variety of musical, verbal and visual stimuli						
A5-10 Apply critical thinking and problem-solving skills to create competitive and cooperative modified games that involve everyone						
A5-11 Demonstrate basic strategies and tactics that coordinate effort with others; e.g., team, in order to achieve a common activity goal in lead-up games						
A5-12 Apply and refine basic skills and elements of body and space awareness, effort and relationships together to form a variety of more challenging gymnastic sequences individually, with a partner, or in a group; e.g., educational, rhythmic gymnastics						
A5-13 Select, perform and refine more challenging basic skills in individual activities; e.g., hacky sack						























































Alberta & Northwest Territories

5 Fifth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Benefits Health						
B5-1 Explain the relationship between nutritional habits and physical activity						
B5-2 Demonstrate and select ways to achieve a personal functional level of physical fitness through participation in physical activity						
B5-3 Identify and explain the importance of the components of fitness to health and wellbeing; e.g., strength, endurance, flexibility, cardio-respiratory activities						
B5-4 Acknowledge and accept individual differences in body shapes and how different body types contribute to positive involvement in physical activities						
B5-6 Infer positive benefits gained from specific physical activities						
B5-7 Describe how physical activity influences physical fitness and the body systems						
B5-8 Understand the connection between physical activity, stress management and relaxation						
Cooperation						
C5-1 Identify and demonstrate respectful communication skills appropriate to cooperative participation in physical activity						
C5-3 Demonstrate etiquette and fair play						
C5-4 Select and demonstrate responsibility for various roles while participating in physical education; and, accept ideas from others that relate to changing/adapting, movement experiences						
C5-5 Identify and demonstrate practices that contribute to teamwork						
C5-6 Identify and demonstrate positive behaviours that show respect for self and others						





































Alberta & Northwest Territories

5 Fifth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Do it Daily... For Life!						
D5-1 Participate regularly in physical activity to develop components of health-related fitness and movement skills						
D5-2 Demonstrate factors that encourage movement						
D5-3 Identify and follow rules, routines and procedures for safety in a variety of activities						
D5-4 Participate in, and identify the benefits of, safe warm-up and cool-down activities						
D5-5 Identify safe practices that promote an active, healthy lifestyle; e.g., water safety						
D5-6 Set long-term goals to improve personal performance based on interests and abilities						
D5-7 Demonstrate different ways to achieve an activity goal that is personally challenging						
D5-8 Create a strategy to promote participation in physical activity within the school and the community						
D5-9 Identify factors made to be active within group or individual activities on a daily basis						

























Alberta & Northwest Territories

6 Sixth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
A6-1 Select, perform and refine challenging locomotor sequences						
A6-2 Consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships, alone and with others, to improve personal performance						
A6-3 Select, perform and refine challenging non-locomotory sequences						
A6-4 Consistently and confidently perform non-locomotory skills by using elements of body and space awareness, effort and relationships, to improve personal performance						
A6-5 Demonstrate ways to receive, retain and send an object with increasing accuracy						
A6-6 Consistently and confidently perform manipulative skills by using elements of body and space awareness, effort and relationship						
A6-7 Select, perform and refine more challenging basic skills in a variety of environments and using various equipment; e.g., downhill skiing, hiking						
A6-8 Demonstrate and refine a variety of dances; e.g., creative, folk, line, square and novelty, alone and with others						
A6-9 Demonstrate a creative process to develop dance sequences alone and with others; and, demonstrate movement sequences in response to a variety of musical, verbal and visual stimuli						
A6-10 Demonstrate sport specific skills to create competitive and cooperative modified games that involve everyone						
A6-11 Demonstrate basic strategies and tactics that coordinate effort with others; e.g., team, in order to achieve a common activity goal and moving toward more formal games						
A6-12 Select, perform and refine basic skills and elements of body and space awareness, effort and relationships together to form a variety of more challenging gymnastic sequences individually, with a partner, or in a group; e.g., educational, rhythmic gymnastics						
A6-13 Demonstrate activity specific skills in a variety of individual activities; e.g., track and field/ athletics						























































Alberta & Northwest Territories

6 Sixth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Benefits Health						
B6-1 Explain the relationship between nutritional habits and performance in physical activity						
B6-2 Demonstrate and select ways to achieve a personal functional level of physical fitness through participation in physical activity						
B6-3 Explain the components of fitness; e.g., strength, endurance, flexibility, cardiorespiratory activities, and relate these to personal fitness level						
B6-4 Acknowledge and accept individual differences in body shapes and how different body types contribute to positive involvement in physical activities						
B6-6 Identify and plan for personal positive benefits from specific physical activity						
B6-7 Describe and chart individual fitness changes as a result of engaging in physical activity						
B6-8 Understand the connection between physical activity, stress management and relaxation						
Cooperation						
C6-1 Identify and demonstrate respectful communication skills appropriate to various physical activities and that reflect feelings, ideas and experiences						
C6-3 Demonstrate etiquette and fair play						
C6-4 Identify and then take responsibility for various roles while participating in physical activity; and, identify leadership and followership skills used while participating in physical education						
C6-5 Describe and demonstrate practices that contribute to teamwork						
C6-6 Identify and demonstrate positive behaviours that show respect for self and others						





















Alberta & Northwest Territories

6 Sixth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Do it Daily... For Life!						
D6-1 Demonstrate enjoyment of participation through extended effort in physical activity						
D6-2 Identify and demonstrate strategies that encourage participation and continued motivation						
D6-3 Identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions						
D6-4 Participate in, and demonstrate the benefits of, safe warm-up and cool-down activities						
D6-5 Select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating						
D6-6 Set and modify goals to improve personal performance based on interests and abilities						
D6-7 Analyze and create different ways to achieve an activity goal that is personally challenging						
D6-8 Examine factors that influence community decisions to support and promote physical activity						
D6-9 Choose and actively participate in a new group or individual activity that encourages daily participation						

























Alberta & Northwest Territories

7 Seventh Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Activity						
A7-1 Demonstrate ways to improve and refine the functional and expressive quality of locomotor skills to improve personal performance						
A7-2 Demonstrate locomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance						
A7-3 Demonstrate ways to improve and refine the functional and expressive quality of non-locomotory skills to improve personal performance						
A7-4 Demonstrate non-locomotory skills by using elements of body and space awareness, effort and relationships, to improve personal performance						
A7-5 Demonstrate ways to receive, retain and send an object with varying speeds and accuracy in skills specific to an activity						
A7-6 Demonstrate manipulative skills by using elements of space awareness, effort and relationships, with and without objects, to improve performance						
A7-7 Demonstrate activity-specific skills in a variety of environments and using various equipment; e.g., orienteering						
A7-8 Refine and present a variety of dance sequences; e.g., folk, square, social and novelty, alone and with others						
A7-9 Choreograph and perform dance sequences, using the elements of movement and basic dance steps and patterns						
A7-10 Demonstrate activity-specific basic skills in a variety of games						
A7-11 Demonstrate more challenging strategies and tactics that coordinate effort with others; e.g., team/fair play, in order to achieve a common goal activity						
A7-12 Demonstrate ways to improve and refine the functional and expressive qualities of movements that combine basic skills in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic						
A7-13 Demonstrate activity-specific skills in a variety of individual pursuits; e.g., power walk						

Alberta & Northwest Territories

7 Seventh Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Benefits Health						
B7-1 Analyze personal nutritional habits and how they relate to performance in physical activity						
B7-2 Demonstrate and evaluate ways to achieve a personal functional level of physical fitness						
B7-3 Explain the components of fitness; e.g., strength, endurance, flexibility, cardiorespiratory activity; analyze individual abilities and formulate an individual plan for growth						
B7-4 Identify different body types and how all types can contribute to, or participate positively in, physical activity						
B7-5 Discuss performance-enhancing substances as a part of the negative effect on physical activity						
B7-6 Identify and explain the effects of exercise on the body systems before, during and after exercise						
B7-7 Interpret personal fitness changes as a result of physical activity						
B7-8 Understand the connection between physical activity, stress management and relaxation						
Cooperation						
C7-1 Communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity						
C7-2 Identify positive active living role models						
C7-3 Demonstrate etiquette and fair play						
C7-4 Identify and then take responsibility for various roles while participating in physical activity; and, identify the leadership and followership skills used while participating in physical education						
C7-5 Select and apply practices that contribute to teamwork						
C7-6 Identify and demonstrate positive behaviours that show respect for self and others						

Alberta & Northwest Territories

7 Seventh Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Do it Daily... For Life!						
D7-1 Participate regularly in, and identify the benefits of, an active lifestyle						
D7-2 Identify and demonstrate strategies that encourage participation and continued motivation						
D7-3 Identify, describe and follow the rules, routines and procedures for safety in a variety of activities in all dimensions						
D7-4 Explain the benefits of, and demonstrate safe, warm-up and cool-down activities						
D7-5 Recommend safe movement experiences that promote an active, healthy lifestyle; e.g., protective equipment for in-line skating, ball hockey						
D7-6 Record and analyze personal goals based on interests and abilities						
D7-7 Evaluate different ways to achieve an activity goal, and determine a personal approach that is challenging						
D7-8 Identify local community programs that promote physically active lifestyles						
D7-9 Identify factors that affect choices of daily physical activity for life, and create personal strategies to overcome barriers						

REFERENCES

Alberta & Northwest Territories

education.alberta.ca/media/160191/phys2000.pdf

British Columbia & Yukon

curriculum.gov.bc.ca/curriculum/physical-health-education

Manitoba

edu.gov.mb.ca/k12/cur/physhlth/curriculum.html

New Brunswick

Kindergarten-Grade 5

www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/ElementaryPhysicalEducationCurriculumK-5.pdf

Grades 6-8

www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/PhysicalEducationCurriculum-Grade6-8.pdf

Newfoundland & Labrador

www.ed.gov.nl.ca/edu/k12/curriculum/guides/physed/index.html

Saskatchewan

edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp#

Ontario

Grades 1-8

edu.gov.on.ca/eng/curriculum/elementary/health.html

Québec

Elementary

education.gouv.qc.ca/en/teachers/quebec-education-program/elementary/personal-development/physical-education-and-health/

Secondary

education.gouv.qc.ca/en/teachers/quebec-education-program/secondary/personal-development/physical-education-and-health/

Nova Scotia

ednet.ns.ca/files/curriculum/ActiveHealthyLiving2005_sec.pdf

Prince Edward Island

www.princeedwardisland.ca/en/information/education-early-learning-and-culture/physical-education-curriculum