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PROVINCIAL/TERRITORIAL PHYSICAL EDUCATION CURRICULUM LINKS FOR ROOKIE RUGBY





































NEW BRUNSWICK













































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New Brunswick						
K Kindergarten - Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement Skills and Concepts						
1.1.a Explore body and space awareness as it relates to movement						
1.1.b Explore effort and relationship concepts across a variety of movement activities						
1.2 Explore a variety of movement principles related to stability skills						
1.3 Explore a variety of fundamental locomotor skills						
1.4 Explore a variety of fundamental manipulative skills						
Movement Strategies and Tactics						
2.1 Explore a variety of tactics that can be used in simple games and activities						
Well-being						
3.1 Explore emotional and social skills that apply to the learning and performance of physical activity						
3.2 Explore physical fitness concepts to improve well-being						

New Brunswick						
1	First Grade - Curricular Competencies	Active Start				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Movement Skills and Concepts						
1.1a Demonstrate body and space awareness as it relates to movement						
1.1.b Demonstrate effort and relationship concepts across a variety of movement activities						
1.2 Demonstrate a variety of movement principles related to stability skills						
1.3 Demonstrate a variety of fundamental locomotor skills						
1.4 Demonstrate a variety of fundamental manipulative skills						
Movement Strategies and Tactics						
2.1 Demonstrate a variety of tactics that can be used in simple games and activities						
Well-being						
3.1 Recognize emotional and social skills that apply to the learning and performance of physical activity						
3.2 Demonstrate physical fitness concepts and principles to improve wellbeing						

New Brunswick						
2 Second Grade - Curricular Competencies	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement Skills and Concepts						
1.1 Link movement concepts to various movements						
1.2 Refine a variety of movement principles related to stability skills						
1.3 Refine a variety of fundamental locomotor skills						
1.4 Refine a variety of fundamental manipulative skills						
Movement Strategies and Tactics						
2.1 Refine a variety of tactics that can be used in simple games and activities						
Well-being						
3.1 Demonstrate emotional and social skills that apply to the learning and performance of physical activity						
3.2 Refine knowledge of physical fitness concepts and principles to improve wellbeing and performance						

New Brunswick						
3	Third Grade - Curricular Competencies	FUNdamentals				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Movement Skills and Concepts						
1.1 Develop movement concepts with a variety of movement activities						
1.2 Explore movement principles related to balance on a variety of steady and unsteady surfaces						
1.3 Combine a variety of fundamental locomotor and manipulative skills						
Movement Strategies and Tactics						
2.1 Extend existing tactics that can be used in a variety of games and activities						
Well-being						
3.1 Apply emotional and social skills to the learning and performance of physical activity						
3.2 Apply physical fitness concepts and principles to improve wellbeing and performance						

New Brunswick						
4	Fourth Grade - Curricular Competencies	Learn to Train				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Movement Skills and Concepts						
1.1 Apply movement concepts with variety of movement activities						
1.2 Identify movement principles related to balance on a variety of steady surfaces, unsteady surfaces and moving objects						
1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts						
Movement Strategies and Tactics						
2.1 Integrate tactics in a variety of games and activities						
Well-being						
3.1 Select emotional and social skills that apply to the learning and performance of physical activity						
3.2 Analyze physical fitness concepts and principles to improve wellbeing and performance						

New Brunswick

5

Fifth Grade - Curricular Competencies

Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

Movement Skills and Concepts

1.1 Refine movement concepts with a variety of movement activities



1.2 Apply movement principles related to balance on a variety of steady surfaces, unsteady surfaces and moving objects



1.3 Apply combinations of fundamental locomotor skills and manipulative skills in more complex movement contexts



Movement Strategies and Tactics

2.1 Select appropriate tactics in a variety of games and activities



Well-being



























































3.1 Model emotional and social skills that apply to the learning and performance of physical activity,








































































3.2 Apply physical fitness concepts and principles to construct personal wellness plans



New Brunswick

6 Sixth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Doing						
Efficient and effective movement skills						
Activity specific skills in: Rhythmic/creative movement, Educational gymnastics, Team sports, Co-operative games, Low organized games, Individual sports, Alternative environments						
Offensive and defensive strategies						
Achieving and maintaining level of fitness						
Knowing						
Goal setting						
Informed choices						
Identifying components of fitness						
Rules, routines, and safety in a variety of activities						
Identifying critical cues for skill analysis						
Identifying basic game/sport patterns						
Valuing						
Participation and self motivation						
Fair play and respect						
Enjoyment						
Social interaction skills						
Personal challenge						
Identifying and taking responsibility for different roles						

New Brunswick

7 Seventh Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Doing						
Efficient and effective movement skills						
Activity specific skills in: Rhythmic/creative movement, Educational gymnastics, Team sports, Lead-up games, Individual sports, Alternative environments						
Offensive and defensive strategies and tactics						
Achieving, maintaining, and evaluating level of fitness						
Knowing						
Goal setting						
Informed choices						
Relating activities to components of fitness						
Rules, routines, and safety in a variety of activities						
Application of rules						
Identifying and leading an appropriate warm-up/cooldown for specific activities						
Identifying game/sport patterns						
Identifying critical cues for skills analysis for self improvement and that of partner						
Valuing						
Participation and self motivation						
Fair play and respect						
Accepting differences						
Enjoyment						
Social interaction skills						
Personal challenge						
Identifying, describing, and taking responsibility for different roles						

REFERENCES

Alberta & Northwest Territories

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

British Columbia & Yukon

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

Manitoba & Nunavut

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

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

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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