



PROVINCIAL/TERRITORIAL PHYSICAL EDUCATION CURRICULUM LINKS FOR ROOKIE RUGBY

NOVA SCOTIA



www.rookierugby.ca

Nova Scotia

K-1

Kindergarten & First Grade
Curricular Competencies

Active Start

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

Knowing

Identify the parts of the human body

Identify warm-up and cool-down activities

Identify ways of moving safely and sensitively through all environments

Create and explain games that use specific skills

Select and combine activity-specific motor skills involved individual and group activities



































































Identify roles in a variety of physical activities


















































Describe the benefits of physical activity































Identify changes in personal growth and development



































































Describe the changes that take place in the body during physical activity


















































Identify good nutritional habits



















Nova Scotia						
K-1 Kindergarten & First Grade Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Doing						
Perform simple movement sequences using elements of body awareness, space awareness, and qualities of speed and force						
Select and perform locomotor and non-locomotor skills in simple sequences, alone and with others, with and without objects						
Demonstrate basic dance steps and patterns alone and with others						
Demonstrate ways to retain possession of an object						
Demonstrate ways to send and receive an object using a variety of body parts and objects						
Demonstrate and perform activity-specific motor skills alone and with others						
Demonstrate ways to protect an object using a variety of body parts and movements						
Demonstrate activity-specific motor skills in at least one alternative environment						
Participate daily in vigorous physical activities, with frequent rest periods						
Participate in warm-up and cool-down activities						
Perform simple movement sequences using elements of body and space awareness						
Respond to a variety of external stimuli to create movement sequences alone and with others						
Using a variety of themes (e.g., shape, balance, weight transfer), create sequences using small equipment and/or large apparatus, alone and with others						
Create and explain games that use specific skills						
















































Nova Scotia						
K-1 Kindergarten & First Grade Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Valuing						
Listen to directions, follow rules and routines, and stay on task while participating in physical activity						
Demonstrate safe behaviours when participating in physical activity						
Demonstrate self-confidence when participating in physical activity						
Display a willingness to share ideas, space, and equipment when participating co-operatively with others						
Demonstrate the ability to accept responsibility for assigned roles when participating in physical activity						
Display a willingness to work with others of various abilities, interests, and social and cultural backgrounds						
Demonstrate effective communication with a partner and in a small group						
Demonstrate and promote fair play						
Demonstrate behaviours that indicate interest in and enjoyment of physical activity						
Demonstrate an appreciation of play activities in all environments						
Demonstrate an appreciation of the roles of physical activity leaders within the school and community						





































Nova Scotia						
2-3 Second Grade & Third Grade Curricular Competencies	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Knowing						
Identify the parts of the human body						
Identify warm-up and cool-down activities						
Identify ways of moving safely and sensitively through all environments						
Create and explain games that use specific skills						
Select and combine activity-specific motor skills involved individual and group activities						
Identify roles in a variety of physical activities						
Describe the benefits of physical activity						
Identify changes in personal growth and development						
Describe the changes that take place in the body during physical activity						
Identify good nutritional habits						

Nova Scotia						
2-3 Second Grade & Third Grade Curricular Competencies	FUNDamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Doing						
Perform simple movement sequences using elements of body awareness, space awareness, and qualities of speed and force						
Select and perform locomotor and non-locomotor skills in simple sequences, alone and with others, with and without objects						
Demonstrate basic dance steps and patterns alone and with others						
Demonstrate ways to retain possession of an object						
Demonstrate ways to send and receive an object using a variety of body parts and objects						
Demonstrate and perform activity-specific motor skills alone and with others						
Demonstrate ways to protect an object using a variety of body parts and movements						
Demonstrate activity-specific motor skills in at least one alternative environment						
Participate daily in vigorous physical activities, with frequent rest periods						
Participate in warm-up and cool-down activities						
Perform simple movement sequences using elements of body and space awareness						
Respond to a variety of external stimuli to create movement sequences alone and with others						
Using a variety of themes (e.g., shape, balance, weight transfer), create sequences using small equipment and/or large apparatus, alone and with others						
Create and explain games that use specific skills						

Nova Scotia						
2-3 Second Grade & Third Grade Curricular Competencies	FUNDamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Valuing						
Listen to directions, follow rules and routines, and stay on task while participating in physical activity						
Demonstrate safe behaviours when participating in physical activity						
Demonstrate self-confidence when participating in physical activity						
Display a willingness to share ideas, space, and equipment when participating co-operatively with others						
Demonstrate the ability to accept responsibility for assigned roles when participating in physical activity						
Display a willingness to work with others of various abilities, interests, and social and cultural backgrounds						
Demonstrate effective communication with a partner and in a small group						
Demonstrate and promote fair play						
Demonstrate behaviours that indicate interest in and enjoyment of physical activity						
Demonstrate an appreciation of play activities in all environments						
Demonstrate an appreciation of the roles of physical activity leaders within the school and community						

Nova Scotia						
4-5-6	Fourth Grade, Fifth Grade & Sixth Grade Curricular Competencies	Learn to Train				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Knowing						
Describe the benefits of warm-up and cool-down activities						
Identify factors to consider when planning outdoor activities and the impact of physical activities on the environment						
Create and explain games in a variety of environments and movement categories						
Identify the role that strategy plays in a variety of activities						
Identify and factors that contribute to a safe environment for all physical activity						
Describe how activity affects body systems and levels of fitness						
Select activities that promote personal fitness and active, healthy living						
Set and modify goals to develop personal fitness and motor abilities						
Identify factors that affect choices of physical activity for life						
Explain the relationship between nutritional habits and personal well-being						
Demonstrate an understanding of the benefits that physical activity and relaxation play in stress and anger management						

Nova Scotia						
4-5-6	Fourth Grade, Fifth Grade & Sixth Grade Curricular Competencies	Learn to Train				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Doing						
Select and perform more complex movement sequences using elements of body awareness, space awareness, qualities and relationships						
Select, combine, and perform locomotor and non-locomotor skills in movement sequences, alone and with others, with and without objects						
Refine dance patterns from a variety of dance forms alone and with others						
Demonstrate ways to send and receive an object with increasing accuracy alone and with others						
Demonstrate basic offensive and defensive strategies						
Identify and use principles of mechanics to improve performance in all movement categories						
Demonstrate activity-specific motor skills in at least one alternative environment						
Participate in daily vigorous physical activities to develop components of fitness and motor abilities						
Demonstrate warm-up and cool-down activities						
Demonstrate ways to use the creative process to develop dances, alone and with others						
Perform and evaluate sequences using small equipment and/or large apparatus, alone and with others						
Perform activity-specific motor skills in creating individual, and group activities						

Nova Scotia						
4-5-6	Fourth Grade, Fifth Grade & Sixth Grade Curricular Competencies	Learn to Train				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Valuing						
Follow rules, routines, and procedures of safety in a variety of activities from all movement categories						
Assume responsibility for various roles while participating in physical activity						
Demonstrate a willingness to participate cooperatively in physical activity with others of various abilities, interests, and social and cultural backgrounds						
Identify leadership skills used when participating in physical activity						
Demonstrate effective communication with a partner and in a small group						
Demonstrate and promote etiquette and fair play						
Demonstrate a willingness to participate in a variety of activities from all movement categories						
Identify careers related to physical activity						

Nova Scotia

7-8-9

Seventh Grade, Eighth Grade & Ninth Grade
Curricular Competencies

Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

Knowing

Understand the role of body parts in movement

Plan appropriate warm-up and cool-down activities

Develop knowledge of outdoor living skills and apply it in planning activities that demonstrate sensitivity to the environment

Analyse and explain the relationship between changes in body growth and the effects on movement skills and concepts

Plan activity-specific motor skills in all movement categories and alternative environments

Identify certification opportunities in selected areas related to physical activity

Identify and describe the benefits of active healthy living

Plan and assess personal fitness for active healthy living





































Analyse and explain the effects that nutrition, fitness, and physical activity have on the body systems before, during, and after exercise

Identify and describe factors that affect choices of physical activity for life

Demonstrate an understanding of the concept of time and effort as it relates to the effectiveness of a personal fitness program; both physically and mentally

Identify appropriate activities for personal stress management and relaxation

Design nutrition programs for self and others

Nova Scotia						
7-8-9	Seventh Grade, Eighth Grade & Ninth Grade Curricular Competencies	Learn to Train				
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Doing						
Apply movement sequence skills and concepts in a variety of activities						
Select, perform, and evaluate movement sequences using a variety of small and large apparatus						
Demonstrate manipulative skills with increased speed, accuracy, and distance						
Apply the principles of mechanics to improve performance in all movement categories						
Participate in activities that develop personal physical fitness for active healthy living						
Lead appropriate warm-up and cool-down activities with peers						
Perform dances alone and with others in a variety of dance forms						
Research and present a dance, game, or activity from another culture to classmates and other audiences						
Link cultural customs and traditions with functional fitness						

Nova Scotia

7-8-9

Seventh Grade, Eighth Grade & Ninth Grade
Curricular Competencies

Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

Valuing

Select and apply rules, routines, and procedures of safety in a variety of activities from all movement categories



Demonstrate positive behaviours that indicate self-respect and self-confidence when participating in physical activity



Demonstrate appropriate social behaviour when working cooperatively in group activities



Demonstrate positive behaviours that indicate respect for the abilities, interests, and inter- and intra-cultural backgrounds of others



Describe and apply leadership skills related to physical activity



Demonstrate and promote etiquette and fair play



Demonstrate an understanding of the value of participating in a wide range of activities



Demonstrate an understanding of the importance of personal physical fitness for active, healthy living

Identify the knowledge, skills, and personal attributes required to qualify for specific careers related to physical activity

REFERENCES

Alberta & Northwest Territories

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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

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Québec

Elementary

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Secondary

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

Prince Edward Island

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