



**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> Kindergarten - Curricular Competencies	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>						
Participated 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
<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>						
Participated 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						
<b>Social and Community Health</b>						
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						
<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						

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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

Participated 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
<b>Physical Literacy</b>						
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						
<b>Healthy and Active Living</b>						
Participated 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						
<b>Social and Community Health</b>						
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						
<b>Mental Well-Being</b>						
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						

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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

Participated 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

British Columbia & Yukon						
<span style="font-size: 2em; font-weight: bold;">5</span> Fifth Grade - Curricular Competencies	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Physical Literacy</b>						
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						
<b>Healthy and Active Living</b>						
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						
<b>Social and Community Health</b>						
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						
<b>Mental Well-Being</b>						
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

British Columbia & Yukon							
6	Sixth Grade - Curricular Competencies	Learn to Train					
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Physical Literacy</b>							
	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						
<b>Healthy and Active Living</b>							
	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						
<b>Social and Community Health</b>							
	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						
<b>Mental Well-Being</b>							
	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

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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

## Alberta & Northwest Territories

[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

[www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/PhysicalEducationCurriculum-Grade6-8.pdf](http://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](http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/physed/index.html)

## Saskatchewan

[edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp#](http://edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp#)

## 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  
[education.gouv.qc.ca/en/teachers/quebec-education-program/elementary/personal-development/physical-education-and-health/](http://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/](http://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](http://ednet.ns.ca/files/curriculum/ActiveHealthyLiving2005_sec.pdf)

## Prince Edward Island

[www.princeedwardisland.ca/en/information/education-early-learning-and-culture/physical-education-curriculum](http://www.princeedwardisland.ca/en/information/education-early-learning-and-culture/physical-education-curriculum)