



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

**NEWFOUNDLAND
& LABRADOR**



www.rookierugby.ca

Newfoundland & Labrador

K Kindergarten - Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of paths of motion.						
Demonstrate the ability to cooperate and work with others while respecting individual differences.						
Demonstrate respect for the personal space of others.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify how movement affects the body.						
Demonstrate concern for the safety of self, others and surrounding environment.						
Identify non-locomotor skills that contribute to improved health and an active lifestyle.						
Explore a variety of creative movements in individual and group activities.						
Create a variety and combination of non-locomotor skills using a range of body joints and positions.						
Demonstrate an increasing attention span when performing non-locomotor movements.						
Project a small object in a variety of ways.						
Receive a small object in a variety of ways.						
Discuss body position in relation to projecting and receiving objects.						
Project a large object in a variety of ways.						
Receive a large object in a variety of ways.						
Identify basic rules and fair play principles.						
Exhibit increasing self confidence when using manipulatives.						

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K Kindergarten - Curricular Competencies	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Project a variety of objects using various implements.						
Receive a variety of objects using various implements.						
Discuss fair play principles in relation to individual differences in performance.						
Demonstrate an understanding of the effectiveness of group cooperation.						
Manipulate various apparatus individually and in large groups.						
Demonstrate an understanding of the mechanics of using an apparatus.						
Rhythmic Activities						
Perform non-locomotor and locomotor skills to music.						
Create simple rhythm patterns.						
Follow directions for the safety of self, others and surrounding environment.						
Body Management and Orientation						
Demonstrate jumps, landings and turns.						
Demonstrate various rolls and balances.						
Participate in creative movement activities.						
Identify healthy food choices.						

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1 First Grade - Curricular Outcomes	Active Start					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of orientation.						
Demonstrate an understanding of paths of motion.						
Demonstrate respect for the personal space of others.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify the effects of movement on the body.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate care and concern for self and others.						
Demonstrate non-locomotor skills using a range of body joints and positions.						
Identify non-locomotor skills that contribute to improved health and an active lifestyle.						
Cooperate with partners in performing non-locomotor skills.						
Demonstrate safety and concern for others.						
Project a small object in a variety of ways.						
Receive a small object in a variety of ways.						
Demonstrate an understanding of teamwork.						
Demonstrate safety and concern for self and others.						
Cooperate with a partner.						
Project a large ball in a variety of ways.						

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1	First Grade - Curricular Outcomes	Active Start					
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games							
	Receive a large ball in a variety of ways.						
	Demonstrate cooperation in working with others.						
	Respect the personal space of others.						
	Demonstrate concern for the safety of self and others and surrounding environment.						
	Project a variety of objects using an implement.						
	Receive a variety of objects using an implement.						
	Discuss the direction of projected objects in relation to body position.						
	Demonstrate an understanding of the effectiveness of group cooperation.						
	Manipulate various apparatus individually and in a large group.						
	Demonstrate an understanding of the mechanics of using an apparatus.						
	Demonstrate the ability to cooperate and work with others.						
Rhythmic Gymnastics							
	Perform locomotor skills to music.						
	Identify examples of rhythm in surroundings.						
	Demonstrate care and concern for self and others.						
Gymnastics							
	Demonstrate basic gymnastic skills in a circuit or in simple routines.						
	Demonstrate an understanding of motions that influence propulsion and balance.						
	Demonstrate care and cooperation during activities.						

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2 Second Grade - Curricular Outcomes	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of orientation.						
Demonstrate an understanding of paths of motion.						
Demonstrate respect for the personal space of others.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify the effects of movement on the body.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate care and concern for self and others.						
Demonstrate a variety and combinations of non-locomotory skills using a range of body joints and positions.						
Identify non-locomotor skills that contribute to improved health and an active lifestyle.						
Respond to the need for cooperation with others in accomplishing specific tasks.						
Demonstrate safety and concern for others.						
Project a small object in a variety of ways.						
Receive a small object in a variety of ways.						
Demonstrate an understanding of concepts related to catching and throwing.						
Demonstrate safety and concern for self and others.						
Cooperate with a partner.						
Project a large ball in a variety of ways.						

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Second Grade - Curricular Outcomes

FUNDamentals

Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Lesson 6

Games

Receive a large ball in a variety of ways.						
Demonstrate cooperation in working with others.						
Respect the personal space of others.						
Demonstrate concern for the safety of self and others and surrounding environment.						
Project a variety of objects using an implement.						
Receive a variety of objects using an implement.						
Discuss the importance of grip when using implements.						
Demonstrate respect for individual differences.						
Manipulate various apparatus individually and in a large group.						
Demonstrate an understanding of efficient movement while using an apparatus.						
Demonstrate the ability to cooperate and work with others.						

Rhythmic Gymnastics

Perform locomotor skills to music.						
Demonstrate an understanding of the relationship of rhythm to performance.						
Demonstrate care and concern for self and others.						

Gymnastics

Demonstrate basic gymnastic skills in a simple routine.						
Understand the need and function of specific movements.						
Demonstrate concern for the care and safety of others.						

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3 Third Grade - Curricular Outcomes	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of orientation.						
Demonstrate an understanding of paths of motion.						
Demonstrate respect for the personal space of others.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify the effects of movement on the body.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate care and concern for self and others.						
Demonstrate a variety and combinations of non-locomotor skills to improve flexibility and range of movement (over time).						
Demonstrate an understanding of how non-locomotor skills benefit muscles.						
Demonstrate leadership in planning flexibility routines.						
Demonstrate safety and concern for others.						
Project a small object in a variety of circumstances						
Receive a small object in a variety of circumstances.						
Demonstrate an understanding of concepts related to catching and throwing.						
Demonstrate safety and concern for self and others.						
Cooperate with others.						
Project a large object in a variety of circumstances.						

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3 Third Grade - Curricular Outcomes	FUNdamentals					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Receive a large object in a variety of circumstances.						
Propose solutions to playing in crowded space.						
Respect the personal space of others.						
Demonstrate concern for the safety of self and others and surrounding environment.						
Project a variety of objects using an implement.						
Receive a variety of objects using an implement.						
Discuss the effect of body position on travel of an object.						
Demonstrate respect for individual differences.						
Manipulate various apparatus individually and in a large group.						
Demonstrate an understanding of efficient movement while using an apparatus.						
Demonstrate the ability to cooperate and work with others.						
Rhythmic Gymnastics						
Perform locomotor skills to music.						
Demonstrate an understanding of the relationship of rhythm to performance.						
Demonstrate care and concern for self and others.						
Gymnastics						
Demonstrate basic gymnastic skills in a simple routine.						
Understand the role of strength and flexibility in performance.						
Demonstrate concern for the care and safety of others.						

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4 Fourth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of orientation.						
Demonstrate respect for the personal space of others.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify the effects of movement on the body.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate concern for the safety of self and others.						
Demonstrate a range and combination of non-locomotory skills to improve range of movement, flexibility, strength and balance.						
Identify why stretching is important before and after physical activity						
Demonstrate cooperation in assisting others.						
Demonstrate safety and concern for others.						
Demonstrate respect for individual differences.						
Project a range of objects in a variety of games and activities.						
Receive a range of objects in a variety of games and activities.						
Demonstrate an understanding of the importance of correct techniques in games and activities.						
Demonstrate concern for the safety of self, others and physical surroundings.						
Demonstrate leadership in encouraging the participation of others.						
Manipulate various apparatus individually and in a large group.						

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4 Fourth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Demonstrate an understanding of factors that contribute to skills in using an apparatus.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate concern for the care and safety of others and for equipment.						
Rhythmic Gymnastics						
Perform locomotor skills to music.						
Demonstrate an understanding of the relationship of rhythm to performance.						
Demonstrate care and concern for self and others.						
Demonstrate an understanding of the relationship of rhythm to performance.						
Gymnastics						
Demonstrate basic gymnastic skills in a simple routine.						
Understand the role of strength and flexibility in performance.						
Demonstrate concern for the care and safety of others.						

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Fourth Grade - Curricular Outcomes

Learn to Train

Lesson 1

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

Sports Lead-up Activities

Demonstrate basic soccer skills.

Demonstrate basic hockey skills.

Demonstrate basic baseball/ softball skills.

Demonstrate basic volleyball skills.

Demonstrate basic basketball skills.

Demonstrate basic badminton skills.

Identify principles of mechanics in various sports and apply to modified games.

Identify basic rules of each sport and principles of fair play.

Apply basic sport rules and principles of fair play.

Fitness

Perform a variety of activities that contribute to fitness.

Demonstrate an understanding of fitness and its contribution of health.

Demonstrate respect for individual differences and needs.

Explain the relationship between healthy living and fitness.



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5 Fifth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of paths of motion.						
Demonstrate respect for the personal differences of others.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify the effects of movement on the body.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate concern for the safety of self and others.						
Demonstrate a range and combination of non-locomotory skills to improve range of movement, flexibility, strength and balance.						
Identify how stretching, balance and efficient turning contribute to performance.						
Demonstrate cooperation in assisting others.						
Demonstrate safety and concern for others.						
Demonstrate respect for individual differences.						
Project a range of objects in a variety of games and activities.						
Receive a range of objects in a variety of games and activities.						
Demonstrate an understanding of the simple mechanics of projecting and receiving with or without implements.						
Demonstrate concern for the safety of self, others and physical surroundings.						
Demonstrate leadership in encouraging the participation of others.						
Manipulate various apparatus individually and in a large group.						

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5 Fifth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Demonstrate an understanding of factors that contribute to skills in using an apparatus.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate concern for the care and safety of others and for equipment.						
Rhythmic Gymnastics						
Perform locomotor skills to music in patterns and routines.						
Identify the effects of rhythm on movement and on the body.						
Identify challenges of performing routines in a large group.						
Demonstrate care and concern for self and others.						
Gymnastics						
Demonstrate basic gymnastic skills in a simple routine on floor and apparatus.						
Understand the role of strength and flexibility in performance.						
Demonstrate concern for the care and safety of others and for equipment.						
Respect individual differences.						

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5 Fifth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Sports Lead-up Activities						
Demonstrate basic soccer skills.						
Demonstrate basic hockey skills.						
Demonstrate basic baseball/ softball skills.						
Demonstrate basic volleyball skills.						
Demonstrate basic basketball skills.						
Demonstrate basic track and field skills.						
Demonstrate basic badminton skills.						
Identify principles of mechanics in various sports and apply to modified games.						
Identify basic rules of each sport and principles of fair play.						
Apply basic sport rules and principles of fair play.						
Demonstrate leadership during activities.						
Fitness						
Perform a variety of activities that contribute to fitness.						
Demonstrate an understanding of fitness and its contribution of health.						
Demonstrate respect for individual differences and needs.						
Explain the relationship between healthy living and fitness.						

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6 Sixth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Identify, maintain, and use space adequately.						
Demonstrate an understanding of paths of motion.						
Demonstrate respect for others through cooperation and leadership.						
Demonstrate the mechanics of various locomotor skills.						
Demonstrate an understanding of basic concepts of human locomotion.						
Identify the effects of movement on the body.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate concern for the safety of self and others.						
Demonstrate a range and combination of non-locomotory skills to improve range of movement, flexibility, strength and balance.						
Identify how stretching increases flexibility and contributes to injury prevention.						
Demonstrate cooperation in assisting others.						
Demonstrate safety and concern for others.						
Demonstrate respect for individual differences.						
Project a range of objects in a variety of games and activities.						
Receive a range of objects in a variety of games and activities.						
Demonstrate an understanding of the simple mechanics of projecting and receiving with or without implements.						
Demonstrate concern for the safety of self, others and physical surroundings.						
Demonstrate leadership in encouraging the participation of others.						
Manipulate various apparatus individually and in a large group.						

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6 Sixth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Games						
Demonstrate an understanding of factors that contribute to skills in using an apparatus.						
Demonstrate the ability to cooperate and work with others.						
Demonstrate concern for the care and safety of others and for equipment.						
Rhythmic Gymnastics						
Perform locomotor skills to music in patterns and routines.						
Identify the effects of rhythm on movement and on the body.						
Propose strategies to challenges of performing routines in a large group.						
Demonstrate care and concern for self and others.						
Gymnastics						
Demonstrate basic gymnastic skills in a simple routine on floor and apparatus.						
Demonstrate the importance of technique and fitness.						
Demonstrate concern for the care and safety of others and for equipment.						
Respect individual differences.						

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6 Sixth Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Sports Lead-up Activities						
Demonstrate basic soccer skills.						
Demonstrate basic hockey skills.						
Demonstrate basic baseball/ softball skills.						
Demonstrate basic volleyball skills.						
Demonstrate basic basketball skills.						
Demonstrate basic track and field skills.						
Demonstrate basic badminton skills.						
Identify principles of mechanics in various sports and apply to modified games.						
Identify basic rules of each sport and principles of fair play.						
Apply basic sport rules and principles of fair play.						
Demonstrate leadership during activities.						
Fitness						
Perform a variety of activities that contribute to fitness.						
Demonstrate an understanding of fitness and its contribution of health.						
Demonstrate respect for individual differences and needs.						
Explain the relationship between healthy living and fitness.						

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7 Seventh Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Fitness Activities						
Demonstrate proper fitness skills such as safe aerobic and fitness hustle techniques consistent with an active living lifestyle.						
Participate in a variety of fitness activities (i.e. aerobics, dance, Inuit games, fitness hustles, jogging and walking).						
Apply the movement concepts of flow, time and relationship of body parts across fitness activities such as music-based aerobics and fitness hustles.						
Participate in a variety of personal fitness activities (Dance Dance Revolution; weight training, TRX, etc.).						
Pose and solve simple movement problems individually such as comparing students' technique with efficient, safe, recommended movement.						
Analyse fair play and active living concepts.						
Participate willingly and cooperatively in fitness activities.						
Demonstrate self-confidence through self-evaluation and reflection.						
Leadership/Cooperative Activities						
Participate in a wide range of team-building and trust activities that require students to demonstrate a variety of movements and an awareness of several movement concepts.						
Participate in various activities that require students to cooperate and compete in small and large group activities.						
Students display a knowledge of past movements to quickly and efficiently complete future tasks/ activities.						
Students will understand that it is by cooperating and inclusion of all participants that tasks/activities are completed effectively.						
Select and assume responsibility for various roles while participating in games or activities.						
Students will show knowledge of safety and help create an atmosphere of trust in all activities.						
Students will display increased self-confidence, responsibility and individual initiative.						

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7 Seventh Grade - Curricular Outcomes	Learn to Train					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Outdoor Activities						
Demonstrate the basic movements and body mechanics of various outdoor activity skills such as canoe strokes, kayak strokes, skiing, snowshoeing and running movements while using various movement concepts.						
Participate in various activities that use a variety of movement concepts while developing personal fitness.						
Understand how actions impact safety and performance in a variety of outdoor activities.						
Analyse fair play and active living concepts.						
Participate in a school or community environment awareness program or project.						
Rhythmic Gymnastics						
Use appropriate body mechanics such as posture in rhythmical activities.						
Participate in a variety of activities involving movement and music.						
Participate in a variety of rhythmical activities to promote personal fitness.						
Pose and solve simple movement problems individually (i.e. selecting the most appropriate movement in skipping or in rhythmic gymnastics using scarves and/or balls to use with various music).						
Predict consequences of various actions on performance (i.e. consequence of varying movement concepts of time and level when skipping).						
Identify the effect of growth patterns on rhythmical movements.						
Participate willingly in rhythmic activities.						
Demonstrate self-confidence when participating in a variety of rhythmical activities.						

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

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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