



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

NEW BRUNSWICK



www.rookierugby.ca

New Brunswick

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

New Brunswick							
1	First Grade - Curricular Competencies	Active Start					
		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
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	Lesson 6
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	Lesson 6
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						

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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						

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
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