



BPS PHYSICAL EDUCATION PROGRAM

Middle School (Grades 6-8)

At BPS, the Health and Physical Education Program is an integral part of the total education of every learner. This program develops the physical and social competence, health fitness, self-responsibility, confidence and enjoyment of physical activities for all learners in a safe and positive environment. Our belief is to prepare our learners to adopt a physically active and healthy lifestyle.

The learning standards of our Health and Physical Education Program have been adopted from *'The Ontario Curriculum'* because it allows our learners to understand the skills required to be successful in life as active, healthy, and socially responsible citizens. Therefore, and by the end of Middle School, learners will demonstrate personal and interpersonal skills and think critically as they acquire knowledge of: Active Living, Movement Competence, and Healthy Living.

"Physical fitness is not only one of the most important keys to a health body, it is the basis of dynamic and creative intellectual activity" John F. Kennedy

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Grade 6	Learners will understand....	Learners will be able to....	Integrity

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Active Living	<ul style="list-style-type: none"> the importance of participating actively and regularly in a wide variety of physical activities. the factors that contribute to their personal enjoyment of being active. how to demonstrate responsibility for their own safety and the safety of others as they participate in physical activities. 	<ul style="list-style-type: none"> actively participate in a wide variety of program activities (e.g., lead-up games, recreational activities, fitness activities, dance), according to their capabilities, while applying behaviors that enhance their readiness and ability to take part demonstrate an understanding of factors that contribute to their personal enjoyment of being active as they participate in a wide variety of individual and small-group activities and lead-up games describe factors that motivate them to participate in physical activity every day, at school and during leisure time, and that influence their choice of activities explain how participation in physical activities affects personal health-related fitness assess their level of health-related fitness (i.e., cardiorespiratory endurance, muscular strength, muscular endurance, flexibility) as they participate in various physical activities develop and implement plans of action based on both their assessments of their health-related components of fitness and their interests, in order to achieve personal fitness goals demonstrate behaviors and apply procedures that maximize their safety and that of others during physical activity describe appropriate methods for treating minor injuries that may occur while participating in physical activities 	<p>Resilience</p> <p>Reflection</p> <p>Empathy</p> <p>Playfulness</p>

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Movement Competency	<ul style="list-style-type: none"> • the basic requirements of the movement skills and apply movement concepts as appropriate, as they engage in a variety of physical activities • the components of a variety of physical activities in order to enhance their ability to participate successfully in those activities 	<ul style="list-style-type: none"> • perform smooth transfers of weight in relation to others and equipment in a variety of situations involving static and dynamic balance • perform a wide variety of locomotor movements, in combination, at different speeds, in different directions, and using different pathways, while moving around others and/or equipment <ul style="list-style-type: none"> • send, receive, and retain a variety of objects while applying basic principles of movement • describe common features of specific categories of physical activities and describe strategies that they found effective while participating in a variety of physical activities in different categories • apply a variety of tactical solutions to increase their chances of success as they participate in physical activities 	
Healthy Living	<ul style="list-style-type: none"> • the factors that contribute to healthy development • how to demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being • connections that relate to health and well-being- how their choices and behaviors affect themselves and others, and how factors in the world around them affect their own and others' health and well-being 	<ul style="list-style-type: none"> • explain how healthy eating and active living work together to improve a person's general health and well-being • apply their knowledge of medical, emotional, practical, and societal factors that influence eating habits and food choices • apply personal skills and interpersonal skills to promote positive interaction and avoid or manage conflict in social situations • identify people and community resources that can provide support when dealing with choices or situations involving substance use and addictive behaviors 	
Grade 7	Learners will understand....	Learners will be able to....	

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Active Living	<ul style="list-style-type: none"> • the importance of participating actively and regularly in a wide variety of physical activities. • the factors that contribute to their personal enjoyment of being active. • how to demonstrate responsibility for their own safety and the safety of others as they participate in physical activities. 	<ul style="list-style-type: none"> • actively participate in a wide variety of individual, small and large-group program activities, according to their while applying behaviors that enhance their readiness and ability to take part in all aspects of the program • identify factors that motivate or impede participation in physical activity every day • identify factors that can affect health-related fitness and describe how training principles can be applied to develop fitness • assess their level of health-related fitness during various physical activities and monitor changes in fitness levels over time • develop, implement, and revise a personal plan to meet short-term, health-related fitness goals • demonstrate behaviors and apply procedures that maximize their safety and that of others in a variety of physical activity settings • anticipate and respond to hazards that may lead to injury or ailments while participating in physical activity outdoors 	

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Movement Competency	<ul style="list-style-type: none"> the basic requirements of the movement skills and apply movement concepts as appropriate, as they engage in a variety of physical activities the components of a variety of physical activities in order to enhance their ability to participate successfully in those activities 	<ul style="list-style-type: none"> perform smooth transfers of weight and rotations, in relation to others and equipment, in a variety of situations involving static and dynamic balance apply movement strategies appropriately perform a wide variety of locomotor movements, with and without equipment, while responding to a variety of external stimuli send, receive, and retain a variety of objects, while taking into account their position and motion in relation to others, equipment, and boundaries, while applying basic principles of movement describe and compare different categories of physical activities and describe strategies that they found effective while participating in a variety of physical activities in different categories apply a variety of tactical solutions to increase chances of success as they participate in physical activities 	
Healthy Living	<ul style="list-style-type: none"> the factors that contribute to healthy development how to demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being connections that relate to health and well-being- how their choices and behaviors affect themselves and others, and how factors in the world around them affect their own and others' health and well-being 	<ul style="list-style-type: none"> describe benefits and dangers, for themselves and others, that are associated with the use of computers and other technologies and identify protective responses demonstrate an understanding of linkages between mental illness and problematic substance use, and identify school and community resources (e.g., trusted adults at school, guidance counselors, public health services, etc.) demonstrate the ability to make healthier food choices, using information about the role that different foods play as contributing or preventive factors in a variety of health disorders assess the impact of different types of bullying or harassment on themselves and others, and identify ways of preventing or resolving such incidents 	
Grade 8	Learners will understand....	Learners will be able to....	

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Active Living	<ul style="list-style-type: none"> • the importance of participating actively and regularly in a wide variety of physical activities. • the factors that contribute to their personal enjoyment of being active. • how to demonstrate responsibility for their own safety and the safety of others as they participate in physical activities. 	<ul style="list-style-type: none"> • actively participate according to their capabilities in a wide variety of individual, small and large group program activities • identify factors that motivate personal participation in physical activities every day • recognize the difference between health-related components of personal fitness (i.e., cardio- respiratory endurance, muscular strength, etc.) and skill-related components (i.e., balance, agility, power, reaction time, speed, and coordination), and explain how to use training principles to enhance both components • assess their level of health-related fitness (i.e., cardiorespiratory endurance, muscular strength, muscular endurance, flexibility) during various physical activities and monitor changes in fitness levels over time • develop, implement, and revise a personal plan to meet short- and long-term health-related fitness and physical activity goals • demonstrate behaviors and apply procedures that maximize their safety and that of others 	
Movement Competency	<ul style="list-style-type: none"> • the basic requirements of the movement skills and apply movement concepts as appropriate, as they engage in a variety of physical activities • the components of a variety of physical activities in order to enhance their ability to participate successfully in those activities 	<ul style="list-style-type: none"> • perform smooth transfers of weight and rotations, in relation to others and equipment, in a variety of situations involving static and dynamic balance • perform a wide variety of locomotor movements, with and without equipment, while responding to a variety of external stimuli • use and combine sending, receiving, and retaining skills in response to a variety of external stimuli, while applying basic principles of • apply a variety of tactical solutions to increase chances of success as they participate in physical activities 	

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Healthy Living	<ul style="list-style-type: none"> • the factors that contribute to healthy development • how to demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being • connections that relate to health and well-being- how their choices and behaviors affect themselves and others, and how factors in the world around them affect their own and others' health and well-being 	<ul style="list-style-type: none"> • identify strategies for promoting healthy eating within the school, home, and community • describe the different types of nutrients and their functions • evaluate personal food choices on the basis of a variety of criteria, including serving size, nutrient content, energy value, and ingredients (e.g., fats, carbohydrates, protein, vitamins and minerals, calories, etc.) preparation method, and other factors that can affect health and well-being • explain how stress affects mental health and emotional well-being, and demonstrate an understanding of how to use a variety of strategies for relieving stress and caring for their mental health • assess situations for potential dangers and apply strategies for avoiding dangerous situations 	