



## BPS PHYSICAL EDUCATION PROGRAM

### High School (Grades 9-10)

At BPS, the High School Healthy, Active Living Education Program is an integral part of the total education of every learner. The learning standards have been adopted and adapted from *'The Ontario Curriculum'*. This program equips learners with the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future.

Through participation in a wide range of physical activities, learners will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Learners will also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Furthermore, the program allows learners to build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Grades 9-10	Learners will understand....	Learners will be able to....	Integrity

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
Active Living	<ul style="list-style-type: none"> <li>• the importance of participating actively and regularly in a wide variety of physical activities</li> <li>• the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living</li> <li>• how to demonstrate responsibility for their own safety and the safety of others as they participate in physical activities</li> </ul>	<ul style="list-style-type: none"> <li>• actively participate in all aspects of the program choosing from a wide and varied range of activities</li> <li>• demonstrate an understanding of factors that contribute to their personal enjoyment of being active and that can support their participation in physical activity throughout their lives and identify challenges and barriers to regular physical activity and actions they can take to overcome these</li> <li>• demonstrate positive social behaviors and adherence to ethical and fair play standards that contribute to creating a rewarding and enjoyable environment for participation in physical activities</li> <li>• describe the short-term and long-term benefits of developing both health-related fitness and explain how to use basic training principles to enhance both types of fitness:</li> <li>• assess their level of health-related fitness during various physical activities, and monitor changes in their health-related fitness over time</li> <li>• develop, implement, and revise a personal fitness plan</li> <li>• demonstrate behaviors and apply procedures that maximize their safety and that of others in a variety of physical activity settings</li> <li>• demonstrate an understanding of how to deal with emergency situations related to physical activities</li> <li>• demonstrate cardiopulmonary resuscitation (CPR) techniques and explain when and how to use them</li> </ul>	<p>Resilience</p> <p>Reflection</p> <p>Empathy</p> <p>Playfulness</p>

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
<b>Movement Competency</b>	<ul style="list-style-type: none"> <li>• the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities</li> <li>• the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities</li> </ul>	<ul style="list-style-type: none"> <li>• perform stability, locomotor and manipulation skills in combination in a variety of physical activities while responding to external stimuli</li> <li>• apply appropriate movement principles in order to refine skills in a variety of physical activities</li> <li>• participate in a wide variety of physical activities in a range of indoor and outdoor environments</li> <li>• apply analytical and problem-solving skills to identify and implement tactical solutions that will increase their chances of success as they participate in a variety of physical activities</li> <li>• develop their ability to apply movement skills, concepts, and strategies in various physical activities that may affect their competence and confidence</li> </ul>	

STRANDS	CONCEPTS	COMPETENCIES	CHARACTER
<p><b>Healthy Living</b></p>	<ul style="list-style-type: none"> <li>• the factors that contribute to healthy development</li> <li>• how to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;</li> <li>• how to make connections that relate to health and well-being – how their choices and behaviors affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being</li> </ul>	<ul style="list-style-type: none"> <li>• explain how active living and healthy eating contribute to a person's physical health and mental, emotional, and spiritual well-being, and describe the benefits of a holistic approach to health</li> <li>• describe skills and strategies that can be used to prevent or respond to situations of verbal, physical, and social bullying and harassment the benefits and risks of using electronic communication technologies and describe strategies that they can apply to ensure their safety while using these technologies</li> <li>• apply their knowledge of basic nutrition principles and healthy eating practices</li> <li>• analyze the influence of social and environmental factors on food and beverage choices</li> <li>• identify warning signs and symptoms that could be related to mental health</li> <li>• describe a variety of strategies for coping with or responding to mental health concerns affecting oneself or others</li> <li>• describe social factors that may influence substance use (e.g., use of prescription drugs, alcohol, tobacco, nutritional supplements, etc.)</li> </ul>	