

Physical Education Grade 9

Active Living

OUTCOMES		1 - Beginning The student is having difficulty demonstrating an understanding of the concept.	2 – Approaching The student is developing an understanding of the concept.	3 – Meeting The student consistently demonstrates an understanding of the concept or has achieved the concept.	4- Exemplary The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
9.1 Health-Related Fitness I can examine and apply the principles of training to personal action plans that <ul style="list-style-type: none"> • include daily moderate to vigorous movement activity and • focus on the improvement and/or maintenance of components of health-related fitness I have chosen. 	Principles of training	<ul style="list-style-type: none"> • With extensive guidance, I apply some of the principles of training to my fitness plan. 	<ul style="list-style-type: none"> • I apply some of the principles of training to my fitness plan. 	<ul style="list-style-type: none"> • I apply all the principles of training to my fitness plan. 	<ul style="list-style-type: none"> • I apply all the principles of training to my fitness plan, and I can explain the reasons for my choices.
	Manage a personal fitness plan	<ul style="list-style-type: none"> • I have incorporated significantly less than 30 minutes of moderate to vigorous activity on a daily basis in my plan. • With extensive guidance, I provide some evidence that I have implemented parts of my fitness plan. 	<ul style="list-style-type: none"> • I am approaching 30 minutes of moderate to vigorous activity on a daily basis in my plan. • I provide some evidence that I have implemented parts of my fitness plan. 	<ul style="list-style-type: none"> • I have incorporated at least 30 minutes of moderate to vigorous activity on a daily basis in my plan. • I provide convincing evidence that I have implemented my fitness plan. 	<ul style="list-style-type: none"> • I have incorporated at more than 30 minutes of moderate to vigorous activity on a daily basis in my plan. • I provide clear, extensive, and convincing evidence that I have implemented my fitness plan.
	Movement activities	<ul style="list-style-type: none"> • I need extensive guidance to choose a few activities I like and that support increased fitness and enjoyment to incorporate in my plan • I can maintain target heart zone for significantly less than 12 consecutive minutes. 	<ul style="list-style-type: none"> • I choose a few activities I like and that support increased fitness and enjoyment to incorporate in my plan. • I can maintain target heart zone approaching 12 consecutive minutes. 	<ul style="list-style-type: none"> • I choose several activities I like and that support increased fitness and enjoyment to incorporate in my plan. • I can maintain target heart zone for 12 consecutive minutes. 	<ul style="list-style-type: none"> • I can explain why I have chosen certain activities I like and that support increased fitness and enjoyment to incorporate in my plan. • I can maintain target heart zone for more than 12 consecutive minutes.

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	Evaluate and revise plan	<ul style="list-style-type: none"> • With extensive support, I can compare my personal fitness performance on appraisals to previous results and credible fitness standards. • With extensive guidance, I assess my fitness plan OR that of others. 	<ul style="list-style-type: none"> • I can compare my personal fitness performance on appraisals to previous results and credible fitness standards. • I assess my fitness plan OR that of others. 	<ul style="list-style-type: none"> • I can compare my personal fitness performance on appraisals to previous results and credible fitness standards, and revise my goals with that data in mind. • I assess my fitness plan AND that of others. 	<ul style="list-style-type: none"> • I can compare my personal fitness performance on appraisals to previous results and credible fitness standards, revise my goals with that data in mind, and explain my decisions. • I compare my fitness plan to that of others to obtain feedback for improvement.
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9.7 Alternate Environment I can design and implement plans to use effective tactics and strategies to enhance performance and enjoyment for myself and others in alternate environment activities.	Practise application of tactics and strategies	<ul style="list-style-type: none"> • With extensive guidance, I occasionally fully engage in a few alternate environment activities practice skills to practice the application of skills and tactics. 	<ul style="list-style-type: none"> • I occasionally fully engage in a few alternate environment activities practice skills to practice the application of skills and tactics. 	<ul style="list-style-type: none"> • I usually fully engage in many alternate environment activities practice skills to practice the application of skills and tactics. 	<ul style="list-style-type: none"> • I consistently and independently fully engage in a variety of alternate environment activities practice skills to practice the application of skills and tactics.
	Plans	<ul style="list-style-type: none"> • With extensive guidance, I can analyze requirements, create plans, OR implement plans alone or with others, to engage in ‘new to me’ (us) alternate environment activities. 	<ul style="list-style-type: none"> • I can analyze requirements, create plans, OR implement plans, alone or with others, to engage in ‘new to me’ (us) alternate environment activities. 	<ul style="list-style-type: none"> • I can analyze requirements AND create and implement plans, alone or with others, to engage in ‘new to me’ (us) alternate environment activities. 	<ul style="list-style-type: none"> • I can lead others to analyze requirements and create and implement plans to engage in ‘new to me’ (us) alternate environment activities.
	Respect for the environment	<ul style="list-style-type: none"> • With extensive guidance, I can explain how to prepare OR preserve the natural environment when using it for an alternate environment activity. 	<ul style="list-style-type: none"> • I can explain how to prepare OR preserve the natural environment when using it for an alternate environment activity. 	<ul style="list-style-type: none"> • I can explain how to prepare AND preserve the natural environment when using it for an alternate environment activity. 	<ul style="list-style-type: none"> • I can explain how to prepare AND preserve the natural environment when using it for an alternate environment activity, and remind others to be responsible.
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9.8 Body Management I can express insights on the experience of participating in body management activities to support participation in recreational and leisure time activities.	Body management activities	<ul style="list-style-type: none"> I need frequent reminders to occasionally participate in a variety of social dances or body management activities. 	<ul style="list-style-type: none"> I can occasionally participate in a variety of social dances or body management activities. 	<ul style="list-style-type: none"> I can frequently participate in a variety of social dances or body management activities. 	<ul style="list-style-type: none"> I can consistently and independently participate in a variety of social dances or body management activities.
	Outcomes of specific body management activities	<ul style="list-style-type: none"> With extensive guidance, I can identify some positive and negative outcomes of the specific body management activities. 	<ul style="list-style-type: none"> I can identify some positive and negative outcomes of the specific body management activities. 	<ul style="list-style-type: none"> I can explain the positive and negative outcomes of the specific body management activities. 	<ul style="list-style-type: none"> I can compare the positive and negative outcomes of the specific body management activities, with examples, details and facts.
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9.9 Volunteerism and Leadership I can plan, participate in, and lead with others, a movement activity event to engage others in movement activity.	<ul style="list-style-type: none"> • With extensive guidance, I can identify some aspects that must be considered in order to run a movement activity event for others. 	<ul style="list-style-type: none"> • I can identify some aspects that must be considered in order to run a movement activity event for others. 	<ul style="list-style-type: none"> • I can explain the aspects that must be considered in order to run a movement activity event for others. 	<ul style="list-style-type: none"> • I can analyze comprehensively the aspects that must be considered in order to run a movement activity
	<ul style="list-style-type: none"> • With frequent reminders, I occasionally commit to carrying out one aspect organization and running of a movement activity event. 	<ul style="list-style-type: none"> • I occasionally commit to carrying out one aspect organization and running of a movement activity event. 	<ul style="list-style-type: none"> • I frequently commit to carrying out one aspect of the organization and running of a movement activity event. 	<ul style="list-style-type: none"> • I consistently commit to carrying out one aspect of the organization and running of a movement activity event.
	<ul style="list-style-type: none"> • With frequent guidance, I occasionally collaborate with others in organizing, promoting, and running a movement activity event.. 	<ul style="list-style-type: none"> • I occasionally collaborate with others in organizing, promoting, and running a movement activity event. 	<ul style="list-style-type: none"> • I frequently collaborate with others in organizing, promoting, and running a movement activity event. 	<ul style="list-style-type: none"> • I consistently collaborate with others in organizing, promoting, and running a movement activity event.
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<p>9.11 Prevention and Care</p> <p>I can apply an understanding of how to prevent and care for a variety of movement activity-related injuries.</p>	<ul style="list-style-type: none"> • With extensive guidance, I can identify OR apply a few of the concepts of efficient movement that are important for safe exercising. • With extensive guidance, I can demonstrate how to care for a few injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings. 	<ul style="list-style-type: none"> • I can identify OR apply a few of the concepts of efficient movement that are important for safe exercising. • I can demonstrate how to care for a few injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings. 	<ul style="list-style-type: none"> • I can identify AND apply many of the concepts of efficient movement that are important for safe exercising. • I can demonstrate how to care for many injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings. 	<ul style="list-style-type: none"> • I can identify AND apply the concepts of efficient movement that are important for safe exercising. • I can demonstrate how to care for a variety of injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings.
<p>Comments</p>				