

**Physical Education Grade 9**  
**Skillful Movement**

<p align="center"><b>OUTCOMES</b></p>		<p><b>1 - Beginning</b> The student is having difficulty demonstrating an understanding of the concept.</p>	<p><b>2 – Approaching</b> The student is developing an understanding of the concept.</p>	<p><b>3 – Meeting</b> The student consistently demonstrates an understanding of the concept or has achieved the concept.</p>	<p><b>4- Exemplary</b> The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.</p>
<p><b>9.2 Body Composition</b></p> <p><b>I can</b></p> <ul style="list-style-type: none"> <li><b>determine safe and credible publicly promoted options for managing body composition and weight;</b></li> <li><b>analyze the influence of mass media on body image.</b></li> </ul>	<p align="center">Options for managing body composition and weight</p>	<ul style="list-style-type: none"> <li><b>With extensive guidance,</b> I can determine the safety <b>OR</b> benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.</li> </ul>	<ul style="list-style-type: none"> <li>I can determine the safety <b>OR</b> benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.</li> </ul>	<ul style="list-style-type: none"> <li>I can determine the safety <b>AND</b> benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.</li> </ul>	<ul style="list-style-type: none"> <li>I can determine the safety <b>AND</b> benefits of commercialized means promoted for managing body weight and composition based on class-established criteria, and support <b>my thinking with extensive details, facts, and examples.</b></li> </ul>
	<p align="center">Influence of mass media on body image</p>	<ul style="list-style-type: none"> <li><b>With extensive guidance,</b> I can determine <b>a few</b> positive and negative influences of mass media on body image.</li> </ul>	<ul style="list-style-type: none"> <li>I can determine <b>a few</b> positive and negative influences of mass media on body image.</li> </ul>	<ul style="list-style-type: none"> <li>I can determine <b>several</b> positive and negative influences of mass media on body image, supported by <b>some</b> details, facts and examples.</li> </ul>	<ul style="list-style-type: none"> <li>I can determine <b>many</b> positive and negative influences of mass media on body image, supported by <b>extensive</b> details, facts and examples.</li> </ul>
<p>Comments</p>					

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<b>9.3 Core Strength</b>  <b>I can investigate and apply safe and effective strategies for development the strength of core muscles and joint muscles.</b>	Investigate	<ul style="list-style-type: none"> <li>From my explorations, I can demonstrate how I came to understand <b>the distinction between core muscles and joint muscles.</b></li> </ul>	<ul style="list-style-type: none"> <li>From my explorations, I can demonstrate the <b>safety issues</b> that are common to, and unique to, the development of strength in core muscles and joint muscles <b>OR the advantages of focusing on the development of core strength.</b></li> </ul>	<ul style="list-style-type: none"> <li>From my explorations, I can <b>demonstrate</b> the <b>safety issues</b> that are common to, and unique to, the development of strength in core muscles and joint muscles <b>AND the advantages of focusing on the development of core strength.</b></li> </ul>	<ul style="list-style-type: none"> <li>From my explorations, I can demonstrate and <b>explain clearly</b> the <b>safety issues</b> that are common to, and unique to, the development of strength in core muscles and joint muscles <b>OR the advantages of focusing on the development of core strength.</b></li> </ul>
	Apply	<ul style="list-style-type: none"> <li><b>With extensive guidance,</b> I can create <b>OR</b> implement workout routines that focus on the development and maintenance of core strength.</li> <li><b>With extensive guidance,</b> I can incorporate <b>some</b> equipment and technology into <b>simple</b> workout routines that focus on the</li> </ul>	<ul style="list-style-type: none"> <li>I can create <b>OR</b> implement workout routines that focus on the development and maintenance of core strength.</li> <li>I can incorporate <b>some</b> equipment and technology into <b>simple</b> workout routines that focus on the development of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>I can create <b>AND</b> implement workout routines that focus on the development and maintenance of core strength.</li> <li>I can incorporate <b>some</b> equipment and technology into workout routines that focus on the development of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>I can create <b>AND</b> implement <b>consistently and independently</b> challenging workout routines that focus on the development and maintenance of core strength.</li> <li>I can incorporate a <b>variety of</b> equipment and technology into <b>challenging</b> workout routines that focus on the development of core</li> </ul>

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		development of core strength.			
<b>9.4 Skill-related Fitness</b>  <b>I can implement a personal plan for improving a skill-related component of fitness (power, agility, speed, reaction time, balance, and coordination) that I have chosen.</b>	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can design <b>OR</b> implement a plan to improve <b>one</b> skill-related component of fitness I have chosen.</li> </ul>	<ul style="list-style-type: none"> <li>• I can design <b>OR</b> implement a plan to improve <b>one</b> skill-related component of fitness I have chosen.</li> </ul>	<ul style="list-style-type: none"> <li>• I can design <b>AND</b> implement a <b>detailed</b> plan to improve <b>one</b> skill-related component of fitness I have chosen.</li> </ul>	<ul style="list-style-type: none"> <li>• I can design <b>AND</b> implement a <b>detailed</b> and <b>challenging</b> plan to improve <b>a few</b> skill-related components of fitness I have chosen.</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can critique personal plans to determine what worked well and what did not work well according to <b>some</b> of the teacher or class-created criteria.</li> </ul>	<ul style="list-style-type: none"> <li>• I can critique personal plans to determine what worked well and what did not work well according to <b>some</b> of the teacher or class-created criteria.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>critique personal plans</b> to determine what worked well and what did not work well <b>according to teacher or class-created criteria</b>.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>independently critique</b> personal plans to determine what worked well and what did not work well <b>according and make the necessary revisions</b>.</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can draw <b>a few</b> conclusions about my strengths and weaknesses in skill related components of fitness through participation in skillful movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can draw <b>a few</b> conclusions about my strengths and weaknesses in skill related components of fitness through participation in skillful movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can draw <b>several</b> conclusions about my strengths and weaknesses in skill related components of fitness through participation in skillful movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can draw <b>many profound and insightful conclusions</b> about my strengths and weaknesses in skill related components of fitness through participation in skillful movement activities.</li> </ul>	

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<b>9.5</b> <b>Complex Skills</b>  <b>I can build skill toward proficiency in movement skills chosen from FOUR of the following categories:</b> <ul style="list-style-type: none"> <li>○ <b>target games</b> (e.g., bowling, curling, golf, archery)</li> <li>○ <b>striking/fielding games</b> (e.g., long ball, softball, slo-pitch, cricket)</li> <li>○ <b>net/wall games</b> (e.g., badminton, tennis, table tennis, volleyball)</li> <li>○ <b>invasion/territorial games</b> (e.g., basketball, soccer, touch football, soft lacrosse, floor hockey, rugby, ultimate frisbee, double ball, team handball)</li> <li>○ <b>alternate environment activities (e.g. orienteering, skating, cross-country skiing, canoeing, roping, downhill skiing, dog sledding, wall climbing, in-line skating, skate boarding, cycling)</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>With extensive guidance</b>, I can <b>assess with acceptable accuracy</b> my level of complex skill performance <b>OR</b> that of others.</li> </ul>	<ul style="list-style-type: none"> <li>● I can <b>assess with acceptable accuracy</b> my level of complex skill performance <b>OR</b> that of others.</li> </ul>	<ul style="list-style-type: none"> <li>● I can <b>assess with acceptable accuracy</b> my level of complex skill performance <b>AND</b> that of others.</li> </ul>	<ul style="list-style-type: none"> <li>● I can <b>always assess accurately</b> my level of complex skill performance and that of others.</li> </ul>
	<ul style="list-style-type: none"> <li>● <b>With extensive guidance</b>, I can perform <b>a few</b> identified complex skills <b>progressing toward</b> a level of automation while participating in game situations.</li> </ul>	<ul style="list-style-type: none"> <li>● I can perform <b>a few</b> identified complex skills <b>progressing toward</b> a level of automation while participating in game situations.</li> </ul>	<ul style="list-style-type: none"> <li>● I can perform <b>many</b> identified complex skills <b>approaching a level of automation</b> while participating in game situations.</li> </ul>	<ul style="list-style-type: none"> <li>● I can perform identified complex skills <b>at a level of automation</b> while participating in game situations.</li> </ul>
	<ul style="list-style-type: none"> <li>● <b>With extensive guidance</b>, I <b>occasionally</b> consider the feedback from others when making decisions about ways to improve.</li> </ul>	<ul style="list-style-type: none"> <li>● I <b>occasionally</b> consider the feedback from others when making decisions about ways to improve.</li> </ul>	<ul style="list-style-type: none"> <li>● I <b>usually</b> consider the feedback from others when making decisions about ways to improve.</li> </ul>	<ul style="list-style-type: none"> <li>● I <b>always</b> consider the feedback from others when making decisions about ways to improve.</li> </ul>

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<p>○ <b>body management activities</b> (e.g., dance, wrestling, track and field, pilates, martial arts, yoga, aerobics, gymnastics).</p>	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can implement <b>a few</b> visual and verbal strategies to support my performance of specific complex skills.</li> <li>• <b>With frequent reminders</b>, I <b>occasionally</b> engage completely in practicing complex skills.</li> </ul>	<ul style="list-style-type: none"> <li>• I can implement <b>a few</b> visual and verbal strategies to support my performance of specific complex skills.</li> <li>• I <b>occasionally</b> engage completely in practicing complex skills.</li> </ul>	<ul style="list-style-type: none"> <li>• I can implement <b>several</b> visual and verbal strategies to support my performance of specific complex skills.</li> <li>• I <b>usually</b> engage completely in practicing complex skills.</li> </ul>	<ul style="list-style-type: none"> <li>• I can a <b>variety of implement visual and verbal strategies</b> to support my performance of specific complex skills.</li> <li>• I <b>consistently and independently</b> engage completely in practicing complex skills</li> </ul>
<p>Comments</p>				

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<p><b>9.6 Games, Tactics and Strategies</b></p> <p><b>I can design and implement, with others, plans to use effective tactics and strategies to enhance performance and enjoyment in each of the following:</b></p> <ul style="list-style-type: none"> <li>○ <b>target games</b> (e.g., bowling, curling, golf, archery, bocce ball);</li> <li>○ <b>striking/fielding games</b> (e.g., long ball, softball, slo-pitch)</li> <li>○ <b>net/wall games</b> (e.g., badminton, tennis, table tennis, volleyball, pickleball)</li> <li>○ <b>invasion/territorial games</b> (e.g., basketball, soccer, touch football, soft lacrosse, floor hockey, rugby, ultimate frisbee, double ball, team handball)</li> <li>○ <b>low-organizational, inventive, and cooperative games</b> (e.g., capture the flag, prisoner’s base, speedball, kick the can, bombardment, dodgeball).</li> </ul>	<ul style="list-style-type: none"> <li>• I need frequent reminders to be <b>occasionally</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> <li>• <b>With extensive guidance</b>, I am able to consider <b>a few</b> tactical and strategic options, as well as appropriate application of the rules and skills of the games.</li> <li>• <b>With extensive guidance</b>, I demonstrate an <b>evolving</b> understanding of effective tactical and strategic decisions to be used in given game situations.</li> </ul>	<ul style="list-style-type: none"> <li>• I am <b>occasionally</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> <li>• I am able to consider <b>a few</b> tactical and strategic options, as well as appropriate application of the rules and skills of the games.</li> <li>• I demonstrate an <b>evolving</b> understanding of effective tactical and strategic decisions to be used in given game situations.</li> </ul>	<ul style="list-style-type: none"> <li>• I am <b>frequently</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> <li>• I am able to consider <b>several</b> tactical and strategic options, as well as appropriate application of the rules and skills of the games.</li> <li>• I demonstrate an <b>adequate</b> understanding of effective tactical and strategic decisions to be used in given game situations.</li> </ul>	<ul style="list-style-type: none"> <li>• I am <b>consistently and independently</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> <li>• I am able to consider a <b>variety</b> of tactical and strategic options, as well as appropriate application of the rules and skills of the games.</li> <li>• I demonstrate a <b>profound</b> understanding of effective tactical and strategic decisions to be used in given game situations.</li> </ul>

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