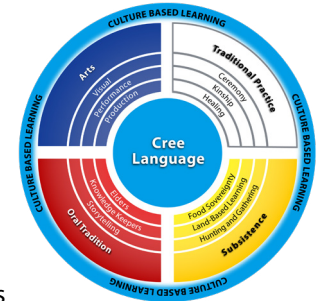







Physical Education and Wellness



NOTE: The *italicized* learning outcomes in the Grade 3-9 physical education and wellness curriculum contain topics related to gender identity, sexual orientation or human sexuality. Where classroom content includes subject-matter that deals primarily and explicitly with gender identity, sexual orientation, or human sexuality, school authorities must notify parents at least 30 calendar days in advance and provide parents the option to opt-in their child, rather than opt-out, for this instruction. This requirement does not apply to other subjects or incidental references to these topics.

Knowledge	Understanding	Skills & Procedures	ᑭᓄᓐᓂᓐ Nehiyaw Ways of Knowing	Other Suggestions
ORGANIZING IDEA				
Active Living (AL): Developing physical literacy through movement and active living supports well-being across a lifespan.				
GUIDING QUESTION				
What is the relationship between motivation and active living?				
LEARNING OUTCOME				
5AL 1.1 Students examine the effect of motivation on physical activity.				
<p>Motivation is the process that supports individuals to take initiative, set goals, and complete tasks.</p> <p>Motivation can be influenced by factors such as</p> <ul style="list-style-type: none"> • energy levels • available time • sense of enjoyment • peers <p>External motivation can include the benefits or rewards that encourage individuals to engage in physical activity.</p> <p>Internal motivation can include the enjoyment, pleasure, or satisfaction that encourages an individual to engage in physical activity.</p>	<p>Motivation can be internal and external and can change over time.</p> <p>Motivation in physical activity can be enhanced when an individual feels safe, is connected with others, and feels a sense of accomplishment.</p>	<p>Describe internal and external factors that influence motivation to be physically active.</p>	<p> Videos by Season Series: Most videos in this series share outdoor activities across the seasons (e.g., Birch Tree Tapping in the spring and Harvesting Medicines in the summer and fall) and can be used to meet active living KUSPs.</p> <p> Powwow and Dance Series (11 videos)</p>	



Knowledge	Understanding	Skills & Procedures	ᑭᑭᑭᑭᑭ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME				
5AL 1.2 Students examine the effect of motivation on physical activity.				
Motivation increases the potential for regular physical activity.	Choice in rewarding and engaging physical activity can foster motivation.	Consider why motivation is important to active living.		
LEARNING OUTCOME				
5AL 1.3 Students examine the effect of motivation on physical activity.				
<p>Refinement of skills in adventurous and challenging physical activities can support motivation.</p> <p>Games and activities to support motivation and skill development include</p> <ul style="list-style-type: none"> • rhythmic • gymnastic • expressive • individual • challenging • adventurous • cultural 	<p>Safe engagement in adventurous and challenging physical activities can broaden skills for active living.</p> <p>Refinement of movement skills and motivation are interconnected.</p>	<p>Examine ways adventurous and challenging physical activities introduce and support motivation for skill development.</p> <p>Engage in adventurous and challenging physical activities that support motivation.</p>	 Powwow and Dance Series (11 videos)	
ORGANIZING IDEA				
Movement Skill Development (MSD): Developing physical literacy through movement and active living supports well-being across a lifespan.				
GUIDING QUESTION				
How might tactics support decision making in physical activity contexts?				
LEARNING OUTCOME				
5MSD 1.1 Students analyze and apply strategies and tactics that support improved decision making in physical activities.				
<p>Personal and group strengths can be considered when developing strategies and tactics, such as</p> <ul style="list-style-type: none"> • specific movement skills • communication • prior experience • knowledge of game play 	<p>Strategies and tactics take into consideration personal strengths and the strengths of others.</p>	<p>Adjust strategies and tactics based on the strengths of participants in various physical activities and games.</p>	  Many games listed in the Instructional Supports - Resources (Games Section) resource on the Indigenous Culture Based Learning website can be used to meet several movement KUSPs.	





Knowledge	Understanding	Skills & Procedures	ᑭᐱᐱᑦ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME				
5MSD 1.2 Students analyze and apply strategies and tactics that support improved decision making in physical activities.				
Strategies and tactics include <ul style="list-style-type: none"> • reducing open spaces by working with others • creating space for teammates • varying rhythm and intensity of movement 	Creative thinking is required to generate strategies and tactics.	Choreograph creative strategies and tactics.		
LEARNING OUTCOME				
5MSD 1.3 Students analyze and apply strategies and tactics that support improved decision making in physical activities.				
Strategies and tactics include skill execution and anticipation, such as <ul style="list-style-type: none"> • modifying movement skills based on the task • selecting the best option based on opposition's position • positioning to create advantage 	Strategies and tactics involve making decisions with limited time and space.	Demonstrate decision making through the application of strategies and tactics. Reflect on the outcomes of strategic and tactical decisions.		
LEARNING OUTCOME				
5MSD 1.4 Students analyze and apply strategies and tactics that support improved decision making in physical activities.				
Physical activity and game structures include <ul style="list-style-type: none"> • rules • positions • boundaries • safety considerations • objective of game 	Tactics require an understanding of how games and physical activities are structured.	Assess the effectiveness of tactics in a variety of physical activity and game structures. Recognize how changes in rules influence the tactics being used.		






Knowledge	Understanding	Skills & Procedures	ᑭᐱᑦᑭᐱᑦ Nehiyaw Ways of Knowing	Other Suggestions
GUIDING QUESTION				
How can diverse movement patterns contribute to success across physical activities?				
LEARNING OUTCOME				
5MSD 2.1 Students demonstrate and adapt various movement patterns to enhance skill development.				
<p>Movement patterns can include locomotor, non-locomotor, and object manipulation.</p>	<p>Movement patterns are combinations of movement skills.</p> <p>Patterns can be a planned set of movements that support success across a variety of physical activities.</p>	<p>Combine movement skills to perform movement patterns in a variety of physical activities.</p>		
LEARNING OUTCOME				
5MSD 2.2 Students demonstrate and adapt various movement patterns to enhance skill development.				
<p>Patterns are sequences of movements.</p> <p>Movement can occur in two-part sequences, such as</p> <ul style="list-style-type: none"> • run and catch • run and throw • toss and hit <p>Movement can occur in three-part sequences, such as</p> <ul style="list-style-type: none"> • run, turn, and catch • walk, turn, and throw • hop, skip, and jump <p>Feedback can be used to improve movement patterns when performing movement skills.</p>	<p>Movement patterns can be expanded to include new and novel physical activity skills.</p>	<p>Perform movement patterns using various types of equipment, individually and with others.</p> <p>Consider sequencing and repetition of movement patterns when engaging in locomotor, non-locomotor, and object-manipulation activities.</p> <p>Adapt movement patterns based on feedback.</p>		




Knowledge	Understanding	Skills & Procedures	ᑭᑎᑎᑎᑎᑎ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME				
5MSD 2.3 Students demonstrate and adapt various movement patterns to enhance skill development.				
<p>Movement patterns can be improved by adapting elements of movement, such as</p> <ul style="list-style-type: none"> • sending and receiving while changing direction and speed • throwing objects at different levels • adjusting speed or changing direction to avoid individuals or objects <p>Patterns and elements of movement are featured prominently in rhythmic and expressive activities, including dance.</p>	<p>Patterns can be improved by adjusting elements of movement.</p>	<p>Adapt elements of movement to enhance movement patterns.</p> <p>Identify patterns and elements of movement that are visible in rhythmic and expressive activities.</p>	<p> Archery Series (3 videos)</p>	
GUIDING QUESTION				
What is the relationship between collaboration and physical activity?				
LEARNING OUTCOME				
5MSD 3.1 Students demonstrate how collaboration influences physical activity.				
<p>Collaboration is working with others to achieve a common goal, including exchanging ideas and sharing responsibilities.</p> <p>Collaboration during physical activity involves</p> <ul style="list-style-type: none"> • identifying goals • planning strategy • exchanging ideas • making and implementing decisions 	<p>Teamwork requires collaboration to create and enhance strategies.</p>	<p>Practise collaboration during physical activity.</p>	<p> Kinship and Community</p>	
LEARNING OUTCOME				
5MSD 3.2 Students demonstrate how collaboration influences physical activity.				
<p>Consideration of team members' perspectives can support decision making and the achievement of goals.</p>	<p>Teamwork acknowledges the perspectives of all members.</p>	<p>Demonstrate respect for the contributions and perspectives of others when working together to make decisions or achieve team goals.</p>		












Knowledge	Understanding	Skills & Procedures	ᑭᐱᑦᑎᑦᑎᑦ Nehiyaw Ways of Knowing	Other Suggestions
ORGANIZING IDEA				
Character Development (CD): Exploration of life opportunities and virtues develops resilience and personal talents and promotes lifelong learning.				
GUIDING QUESTION				
How can a variety of life experiences influence resilience and perseverance?				
LEARNING OUTCOME				
5CD 1.1 Students reflect and relate life experiences to perseverance and well-being.				
Life experiences can inform <ul style="list-style-type: none"> • strengths • preferences • beliefs • attitudes • decision making • virtues 	Life experiences can influence understanding of events or situations and responses to them.	Examine how life experiences can shape understanding over time.	 Tipi Teachings Series: Each pole teaches us a different aspect of character and life and can be used to support character development KUSPs.  Trickster Stories: Select from and use these stories and legends to support character development KUSPs.	
LEARNING OUTCOME				
5CD 1.2 Students reflect and relate life experiences to perseverance and well-being.				
Life experiences are the effects or influences of an event or a subject on an individual.	Events or situations provide opportunities for gaining life experiences.	Identify life experiences that have influenced thinking or behaviour.		
LEARNING OUTCOME				
5CD 1.3 Students reflect and relate life experiences to perseverance and well-being.				
Life experiences can result in: <ul style="list-style-type: none"> • acquisition of knowledge or skills • development of personal strengths and potential • application of learning to produce favourable outcomes 	Life experiences can expose individuals to challenges and learning opportunities.	Reflect on personal learning and development in a variety of experiences.	 Tipi Teachings Series	






Knowledge	Understanding	Skills & Procedures	ᑭᐱᐱᑦ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME				
5CD 1.7 Students reflect and relate life experiences to perseverance and well-being.				
<p>Effects of perseverance on well-being can be</p> <ul style="list-style-type: none"> • positive mental health • increased confidence • belief in one's abilities to achieve specific goals • sense of accomplishment • lifelong learning 	Perseverance can shape well-being over time.	Describe the effects of perseverance on well-being.		
ORGANIZING IDEA				
Safety (S): A lifetime of optimal well-being is supported by prioritizing health and safety.				
GUIDING QUESTION				
How can responsibility lead to a desired outcome?				
LEARNING OUTCOME				
5S 1.1 Students analyze responsibility and consider the impact on well-being.				
<p>Responsibility is being accountable for actions and decisions and accepting the results or consequences.</p> <p>Responsibility includes clearly requesting, obtaining, giving, or refusing consent.</p> <p>Responsibility includes respecting the acceptance or refusal of consent from another.</p> <p>Decisions related to substance use can be influenced by a variety of factors, such as</p> <ul style="list-style-type: none"> • media • peer influence • marketing 	Personal actions and decisions can affect physical, social-emotional, and financial well-being.	<p>Reflect on how the results or consequences of personal actions and decisions can affect the well-being of self and others.</p> <p>Examine the impacts of a variety of factors on personal actions and decisions.</p>	 <p>Tipi Teachings Series: Videos in this series can be used to support safety KUSPs.</p>	



Knowledge	Understanding	Skills & Procedures	ᑭᑦᑭᑦᑭᑦ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME				
5HE 1.4 Students evaluate aspects of nutrition and examine their benefits to well-being.				
<p>Nutritional requirements change at various developmental ages.</p> <p>Nutritional choices can be affected by individual eating cues, including hunger, appetite, and satiety.</p>	<p>Nutrition and hydration may need to be adjusted in response to various factors.</p>	<p>Investigate how various personal factors can influence nutrition and hydration requirements.</p>		
LEARNING OUTCOME				
5HE 1.5 Students evaluate aspects of nutrition and examine their benefits to well-being.				
<p>Eating a variety of foods provides a balanced range of nutrients.</p> <p>Food portion sizes and number of servings can inform balanced nutritional choices.</p>	<p>Nutrition can be improved through the planning and preparation of balanced meals and snacks.</p>	<p>Assess the nutritional value of a variety of snacks and meals.</p>		
ORGANIZING IDEA Healthy Relationships (HR): Personal well-being is supported through positive relationships built on communication, collaboration, empathy, and respect.				
GUIDING QUESTION How might healthy relationships support understanding in various social contexts?				
LEARNING OUTCOME				
5HR 1.1 Students acknowledge and connect perspectives of self and others through communication and listening skills.				
<p>Perspectives can support collaboration through shared interpretations, understandings, and findings.</p> <p>Perspectives can be influenced by</p> <ul style="list-style-type: none"> • virtues • peers • media • experiences • family • kinship ties 	<p>Perspectives include how we perceive, understand, and feel in various social or physical activity contexts.</p> <p>Perspectives can be individual or shared.</p>	<p>Describe how experiences can affect individual or group perspectives.</p> <p>Identify personal and environmental factors that influence perspectives.</p>	<p>   Elk Harvest Series (5 videos)</p> <p>   Moose Harvest Series (Field Harvest – 6 videos; Butchering and Cutting – 9 videos; Fire Preparation – 3 videos; Feast – 3 videos)</p> <p>   Canning and Preserving Series: Canning Berries</p>	



Knowledge	Understanding	Skills & Procedures	ᑭᓄᓐᓂᓐ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME				
5HR 1.2 Students acknowledge and connect perspectives of self and others through communication and listening skills.				
<p>Effective listening and communication skills include</p> <ul style="list-style-type: none"> • listening for understanding • asking clarifying questions • paraphrasing or restating statements • recognizing non-verbal cues • considering the audience • considering point of view • having respectful interactions 	<p>Perspectives can be shaped or shared through effective listening and communication skills.</p>	<p>Describe how listening and communication skills can support understanding of individual and group perspectives.</p> <p>Identify ways to reach shared understandings when perspectives or opinions within a group are different.</p> <p>Demonstrate respectful communication skills when working with others on tasks or challenges.</p>		
ORGANIZING IDEA				
Growth and Development (GD): Decision making that optimizes personal health and well-being is informed by understanding growth and development.				
GUIDING QUESTION				
How are maturation, growth, and development interconnected?				
LEARNING OUTCOME				
5GD 1.1 Students investigate maturation and identify changes during adolescence.				
<p>Changes in the brain associated with maturation include</p> <ul style="list-style-type: none"> • greater efficiency and effectiveness • increased connectivity among brain regions • changes in the frontal lobe, pre-frontal cortex, and executive function 	<p>Maturation occurs from birth and is significant during adolescence.</p> <p>Maturation can result in changes in the brain.</p>	<p>Describe the impact maturation has on the brain.</p>	<p>   Tipi Teachings Series: Each pole teaches us a different aspect of character and life and can be used to support growth and development KUSPs.</p>	



Knowledge

Understanding

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of Knowing

Other Suggestions

LEARNING OUTCOME

5GD 1.2 Students investigate maturation and identify changes during adolescence.

Maturation is a process that is different for every individual.

Maturation can result in uneven bone and muscle development.

Maturation can result in changes in coordination when practising skills and activities.

Physical changes can include bones growing faster than muscle during maturation in adolescence.

Individuals can experience behavioural changes, such as

- setting personal goals
- seeking independence
- prioritizing consideration of others
- having increased capacity for responsibility

Individuals can experience cognitive changes, such as

- ability to retain, process, and organize larger amounts of information
- enhanced critical-thinking, reasoning, and decision-making skills
- thoughts and feelings about self-image

Maturation involves an awareness of the interconnectedness of physical, cognitive, and behavioural changes.

The way individuals think of themselves, and describe themselves to others, is unique and should be respected.

Maturation results in changes in the body that can occur at different rates.

Intellectual development can enable individuals to think, reason, and organize ideas and thoughts to make informed decisions.

Identify and describe physical, cognitive, and behavioural changes that occur during adolescence.

Describe changes related to intellectual development.



Knowledge	Understanding	Skills & Procedures	ᑭᐱᑦᑭᐱᑦ Nehiyaw Ways of Knowing	Other Suggestions
GUIDING QUESTION				
<i>In what ways can puberty and the capacity for human reproduction reflect change?</i>				
LEARNING OUTCOME				
5GD 2.1 Students connect puberty to the capacity for human reproduction.				
<p>Each part of the human reproductive system serves a specific function.</p> <p>The human reproductive system and other body systems are interconnected.</p> <p>Human reproduction occurs when a sperm cell and an egg cell join together (fertilization) and implant in the uterus (implantation).</p>	<p>Well-being is supported through knowledge and awareness of human reproduction.</p> <p>Human reproduction includes a sequence of biological processes.</p>	<p>Identify the components of the human reproductive system.</p> <p>Describe the functions of the components of the human reproductive system.</p>		
LEARNING OUTCOME				
5GD 2.2 Students connect puberty to the capacity for human reproduction.				
<p>Changes in puberty include</p> <ul style="list-style-type: none"> • change in functioning of the testicles and ovaries • maturation of the reproductive organs • appearance of secondary sex characteristics • production of hormones 	<p>Puberty signals changes in a person's reproductive capability.</p>	<p>Describe how physical changes during puberty affect reproductive capability.</p>		
LEARNING OUTCOME				
5GD 2.3 Students connect puberty to the capacity for human reproduction.				
<p>Menstruation is the monthly cycle that prepares the body for a possible pregnancy.</p> <p>The female reproductive system includes ovaries that contain egg cells.</p> <p>Ovulation occurs when an egg releases from an ovary.</p> <p>Hormonal changes regulate the menstrual cycle and ovulation.</p> <p>[continued]</p>	<p>Puberty is often associated with the processes of menstruation and sperm production.</p>	<p>Describe the processes of menstruation and sperm production.</p>		

Knowledge	Understanding	Skills & Procedures	ᑭᐱᑦᑎᑦ Nehiyaw Ways of Knowing	Other Suggestions
LEARNING OUTCOME 5FL 1.2 Students demonstrate how planning can support financial goals.				
<p>A consumer is an individual who purchases goods and services.</p> <p>Factors that can influence consumer choice include</p> <ul style="list-style-type: none"> • marketing • advertising • media • availability • trends • price 	<p>When purchasing goods and services, individuals have the ability to make choices.</p>	<p>Examine factors that influence consumer choice.</p>		