

Physical and Health Education Yr 1 (6th Grade)																
Objectives/Unit	Fitness Testing	Team Sports - Rugby	Floor Hockey	Health - Nutrition & Body Systems	Ultimate Frisbee	Net Sports - Volleyball	Team Sports - Team Handball	Fitness Routines & Fitness Planning	Net Sports - Badminton	Health - Substance Abuse and Medications	Health - FLE	Multicultural Games & Sports	Soccer	Football		
Summative Assessments	Create a FITT plan to improve fitness test scores	Applying skills during a game Evaluating skills after a game	Applying skills during a game Evaluating skills after a game	Create a poster to show others how the muscular and skeletal system	Applying skills during game, Evaluating skills after a game	Applying skills during a game Evaluating skills after a game	Applying skills during a game	Creating a Fitness Routine	Applying and Performing Badminton	Create a product to help kids understand the risk of substance abuse	Unit Test	Evaluate self on use of interpersonal skills	Applying and Performing Soccer	Applying skills during a game Evaluating skills after a game		
Criterion A: Knowing and understanding																
i. outline physical and health education-related factual, procedural and conceptual knowledge				X						X	X					
ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations				X						X	X					
iii. apply physical and health terminology to communicate understanding.				X						X	X					
Criterion B: Planning for performance																
i. identify goals to enhance performance	X							X								
ii. construct and outline a plan for improving physical activity and health.	X							X								
Criterion C: Applying and performing																
i. recall and apply a range of skills and techniques		X	X						X				X	X		
ii. recall and apply a range of strategies and movement concepts		X	X						X				X	X		
iii. recall and apply information to perform effectively.		X	X						X				X	X		
Criterion D: Reflecting and improving performance																
i. identify and demonstrate strategies to enhance interpersonal skills		X	X		X	X						X		X		
ii. describe the effectiveness of a plan based on the outcome		X	X		X	X						X		X		
iii. describe and summarize performance.		X	X		X	X						X		X		

Physical and Health Education Yr 2 (7th Grade)											
Year 3 Objectives	Team Sports-Hockey and Fitness Testing	Team Sports - Rugby	Health - Social and Emotional	Net Sports - Volleyball	Team Sports -Team Handball	Health - Substance Abuse and Medications	Fitness Routines & Fitness Planning	Net Sports - Pickleball	Health - FLE	Multicultural Games & Sports	Health - Nutrition & Body Systems
Summative Assessments	Create a FITT plan to improve fitness test scores	Applying skills during a game Evaluating skills after a game	Creating a Cartoon About Stress	Applying skills during a game Evaluating skills after a game	Applying skills during a game	Create a product to help kids understand the risk of substance abuse	Creating a Fitness Routine	Applying and Performing Pickleball	Unit Test	Evaluate self on use of interpersonal skills	Create a poster to show others how the muscular and skeletal system
Criterion A: Knowing and understanding											
i. describe physical and health education factual, procedural and conceptual knowledge			X			X			X		X
ii. apply physical and health education knowledge to explain issues and solve problems set in familiar and unfamiliar situations			X			X			X		X
iii. apply physical and health terminology effectively to communicate understanding.			X			X			X		X
Criterion B: Planning for performance											
i. outline goals to enhance performance	X						X				
ii. design and explain a plan for improving physical performance and health.	X						X				
Criterion C: Applying and performing											
i. demonstrate and apply a range of skills and techniques		X		X	X			X			
ii. demonstrate and apply a range of strategies and movement concepts		X		X	X			X			
iii. outline and apply information to perform effectively.		X		X	X			X			
Criterion D: Reflecting and improving performance											
i. describe and demonstrate strategies to enhance interpersonal skills		X		X						X	
ii. explain the effectiveness of a plan based on the outcome		X		X						X	
iii. explain and evaluate performance.		X		X						X	

Physical and Health Education Yr 3 (8th Grade)

Objectives/Unit	Fitness Testing/Football	Health: Social and Emotional Health	Volleyball	Badminton	Health: Family Life Education	Team Handball	Basketball	Health: Substance Abuse and medications	Hockey	Recreational games: Scooter Ball	Health: Nutrition	Soccer/Fitness Testing
Summative Assessment	Applied modified rules and game strategies Create an individualized FITT Plan Self-Evaluation	Create a Children's Story about a Stressed an Animal	Applying and performing volleyball skills Evaluation of interpersonal skills	Applying and performing badminton skills Evaluation of interpersonal skills	Create an Assertive Sexual Pressure question and answer flip chart	Applied modified rules and game strategies Evaluation of interpersonal skills	Applied modified rules and game strategies Apply a range of skills Evaluation of interpersonal skills	Create a alcohol wheel to show the effects of alcohol on body organs	Applied modified rules and game strategies Apply a range of skills	Applied modified rules and game strategies Evaluation of interpersonal skills	Create a food fast analyzation chart	Applied modified rules and game strategies Evaluate F.I.T.T. plan and analyze how it improved overall fitness and health Evaluate self on use of interpersonal skills
Criterion A: Knowing and understanding												
i. describe physical and health education factual, procedural and conceptual knowledge	X	X		X	X	X	X	X	X	X		X
ii. apply physical and health education knowledge to explain issues and solve problems set in familiar and unfamiliar situations	X	X		X	X	X	X	X	X	X		X
iii. apply physical and health terminology effectively to communicate understanding.	X	X		X	X	X	X	X	X	X		X
Criterion B: Planning for performance												
i. outline goals to enhance performance	X							X				
ii. design and explain a plan for improving physical performance and health.	X							X				
Criterion C: Applying and performing												
i. demonstrate and apply a range of skills and techniques			X	X			X		X			X
ii. demonstrate and apply a range of strategies and movement concepts			X	X			X		X			X
iii. outline and apply information to perform effectively.			X	X			X		X			X
Criterion D: Reflecting and improving performance												
i. describe and demonstrate strategies to enhance interpersonal skills	X		X	X		X	X			X		X
ii. explain the effectiveness of a plan based on the outcome	X		X	X		X	X			X		X
iii. explain and evaluate performance.	X		X	X		X	X			X		X