

Grade: 8/9/10 boys		Teacher: zied ghadhab		Subject: Physical and Health Education		
Timing	Unit Title/ Breakdown	Content Covered		Big Idea	Resources and Materials	
09-10-17 - 10-7-17	Personal Fitness	1. proper technique for fundamental movement skills including non-locomotor, locomotor, and manipulative skills 2. movement concepts and strategies 3. ways to monitor and adjust physical exertion levels 4. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games 5. training principles to enhance personal fitness levels, including the FITT principle, SAID principle, and specificity 6. effects of different types of physical activity on the body		1. Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. 2. Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle	1. Fitness Equipment	
	1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance 5. Crossfit 6. Body pump					
Team Sport: Basketball						
1. Dribbling 2. Passing 3. Shooting a. Lay-ups b. Free Throws 4. Footwork 5. Offence 6. Defence 7. Rebounding 8. Fast Breaks 9. Rules of the game and hand signals						
11-01-17- 12- 01-17	Individual Sport:Gymnastics					
	1. Leap 2. Hand stand 3. Forward roll 4. Backwards roll 5. Routine gymnastics					
	individual Sport: Track and Field					

12-01-17 01-31-18	1. Shot put 2. High Jump 3. Standing Long jump 4. Triple jump 5. Running long jump 6. 100m 7. 1km 8. Rules of each activity			
02-01-18- 02-28-18	Team Sport: Football 1. Dribbling 2. Passing 3. Trapping 4. Striking 5. Throw-ins 6. Positioning 7. Goal Keeping 8. Defence 9. Offence 10. Rules of game			
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03-01-18 - 03-31-18	Team Sport: Volleyball 1. Serving 2. Footwork 3. Passing 4. Setting 5. Diggs 6. Hitting 7. Offence 8. Defence 9. Rules of game		1. Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. 2. Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle	
04-01-18 - 05-15-18	Team Sport: Handball 1. Dribbling 2. Passing	1. proper technique for fundamental movement skills including non-locomotor,	1. Daily participation in different types of physical activity influences our physical	

	3. Receiving 4. Shooting 5. Rules of the game	locomotor, and manipulative skills 2. movement concepts and strategies 3. ways to monitor and adjust physical exertion levels	literacy and personal health and fitness goals. 2. Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle	
05-13-18 0 05-31-18	Individual Sport: Fitness 1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance	4. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games 5. training principles to enhance personal fitness levels, including the FITT principle, SAID principle, and specificity 6. effects of different types of physical activity on the body	1. Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. 2. Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle	
Oct- Dec	Health Unit 1: Goal Setting and FITT principles 1. Introduce FITT Principles a. Power point b. Game activities 2. Smart Goal Setting a. Power point	1. Training principles to enhance personal fitness levels including the FITT principle, SAID principle, and specificity 2. Effects of different types of physical activity on the body	1. Healthy choices influence our physical, emotional, and mental well-being. 2. Healthy relationships can help us lead rewarding and fulfilling lives.	http://www.ode.state.or.us/teachlearn/subjects/pe/curriculum/fittprinciple.pdf https://www.viha.ca/NR/rdonlyres/BA7AED96-DD7C-42B4-B347-05BBD0A230C8/0/NutritionEduc

	b. Examine different goals 3. Setting Goals a. Healthy Eating Goals b. Physical Goals c. Personal Goals 4. Write a letter to yourself to view at the end of the year.	3. Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines 4. Sources of health information	3. Advocating for the health and well-being of others connects us to our community.	ationResourcesforSchoolsFinalWHPDF.pdf
Jan- Mar	Health Unit 2: Healthy Eating	1. Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines 2. Sources of health information	1. Healthy choices influence our physical, emotional, and mental well-being. 2. Healthy relationships can help us lead rewarding and fulfilling lives. 3. Advocating for the health and well-being of others connects us to our community.	https://www.canada.ca/en/health-canada/services/canada-food-guides.html http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr8.pdf
Mar-May	Health Unit 3: Healthy Relationships and Healthy Choices	1. Marketing and advertising tactics aimed at children and youth, including those involving food and supplements 2. Potential short-term and long-term consequences of health decisions, including	1. Healthy choices influence our physical, emotional, and mental well-being. 2. Healthy relationships can help us lead rewarding and fulfilling lives.	https://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Documents/Healthy%20Schools%20Toolkit%20-Positive%20Mental%20Health.pdf

		those involving nutrition, protection from sexually transmitted infections, and sleep routines 3. Sources of health information 4. strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings 5. consequences of bullying, stereotyping, and discrimination 6. media and social influences related to psychoactive substance use and potentially addictive behaviours 7. signs and symptoms of stress, anxiety, and depression 8. influences of physical, emotional, and social changes on identities and relationships	3. Advocating for the health and well-being of others connects us to our community.	
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May- June	Health Unit 4: Community Health	1. Raining principles to enhance personal fitness levels including the FITT principle, SAID principle, and specificity 2. effects of different types of physical activity on the body 3. healthy sexual decision making 4. marketing and advertising tactics aimed at children and youth, including those involving food and supplements 5. potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines 6. sources of health information 7. basic principles for responding to emergencies 8. strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings 9. consequences of bullying, stereotyping, and discrimination 10. media and social influences related to psychoactive substance use and potentially addictive behaviours 11. signs and symptoms of stress, anxiety, and depression 12. influences of physical, emotional, and social changes on identities and relationships	1. Healthy choices influence our physical, emotional, and mental well-being. 2. Healthy relationships can help us lead rewarding and fulfilling lives. 3. Advocating for the health and well-being of others connects us to our community.	

