

Grade: 10G		Teacher: Miss Lindsay		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 <ul style="list-style-type: none">a. Medicine ballsb. Skipping ropesc. Matsd. Benchese. Workout routinesf. Fitness testing materialsg. Stations		
	1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance 5. Zumba 6. Yoga 7. Pilates					
10-08-17 - 11-30-17	Team Sport: Basketball				1. Basketballs 2. Nets 3. Cones 4. Basketball rules 5. Station signs	
	1. Dribbling 2. Passing 3. Shooting <ul style="list-style-type: none">a. Lay-upsb. Free Throws 4. Footwork 5. Offence 6. Defence 7. Rebounding 8. Fast Breaks 9. Rules of the game and hand signals					
12-01-17- 12- 23-17	Individual Sport: Badminton					1. Badminton racquets 2. BAdminton nets 3. Shuttlecocks 4. Hoola hoops 5. Station signs
	1. Forehand shot 2. Backhand shot 3. Serving 4. Smash 5. Rules of game					

01-01-18- 01-31-18	Team Sport: Football <ol style="list-style-type: none"> 1. Dribbling 2. Passing 3. Trapping 4. Striking 5. Throw-ins 6. Positioning 7. Goal Keeping 8. Defence 9. Offence 10. Rules of game 			<ol style="list-style-type: none"> 1. Footballs 2. Nets 3. Cones 4. Station Signs
02-01-18 - 02-28-18	Individual Sport: Indigenous Games Unit <ol style="list-style-type: none"> 1. History of indigenous games 2. Indigenous games of Qatar 3. Indigenous games of Canada 			<ol style="list-style-type: none"> 1. Blindfold 2. Ropes 3. Balls 4. Sticks 5. Variety of First Nation Activities 6. Indigenous Games resource book
03-01-18 - 03-22-18	Team Sport: Volleyball <ol style="list-style-type: none"> 1. Serving 2. Footwork 3. Passing 4. Setting 5. Diggs 6. Hitting 7. Offence 8. Defence 9. Rules of game 			<ol style="list-style-type: none"> 1. Balls 2. Net 3. Cones 4. Stations
03-22-18 - 04-22-18	Team Sport: Handball <ol style="list-style-type: none"> 1. Dribbling 			<ol style="list-style-type: none"> 1. Balls 2. Nets 3. Cones

	<ol style="list-style-type: none"> 2. Passing 3. Receiving 4. Shooting 5. Rules of the game 			4. Statins
04-22-18 - 05-10-18	Individual Sport: Track and Field <ol style="list-style-type: none"> 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 			<ol style="list-style-type: none"> 1. High Jump 2. Shot put 3. Standing Long Jump 4. Triple Jump 5. Discus 6. Stations
05-13-18 05-31-18	Individual Sport: Fitness <ol style="list-style-type: none"> 1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance 5. Zumba 6. Yoga 7. Pilates 			<ol style="list-style-type: none"> 2. Fitness Equipment <ol style="list-style-type: none"> a. Medicine balls b. Skipping ropes c. Mats d. Benches e. Workout routines f. Fitness testing materials g. Stations
Oct- Dec	Health Unit 1: Goal Setting and FITT principles	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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. 	http://www.ode.state.or.us/teachlearn/subjects/pe/curriculum/fittprinciple.pdf https://www.viha.ca/NR/rdonl yres/BA7AED96-DD7C-42B4-B347-05BBD0A230C8/0/NutritionEducationResourcesforSchoolsFi
	<ol style="list-style-type: none"> 1. Introduce FITT Principles <ol style="list-style-type: none"> a. Power point b. Game activities 2. Smart Goal Setting <ol style="list-style-type: none"> a. Power point b. Examine different goals 			

	<ol style="list-style-type: none"> 3. Setting Goals <ol style="list-style-type: none"> a. Healthy Eating Goals b. Physical Goals c. Personal Goals 4. Write a letter to yourself to view at the end of the year. 	<ol style="list-style-type: none"> 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 		nalWHPDF.pdf
Jan- Mar	Health Unit 2: Healthy Eating <ol style="list-style-type: none"> 1. Canadian Food Guide <ol style="list-style-type: none"> a. Examine Food Groups b. Portion Sizes c. Meal Plans 2. You are what you eat <ol style="list-style-type: none"> a. How what you eat really affects your overall health 3. Healthy cooking <ol style="list-style-type: none"> a. Meal planning b. Healthy Restaurant for staff 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 1. Mental health 2. Bullying, discrimination 	<ol style="list-style-type: none"> 1. Marketing and advertising tactics aimed at children and youth, including those involving food and supplements 	<ol style="list-style-type: none"> 1. Healthy choices influence our physical, emotional, and mental well-being. 2. Healthy relationships can help us lead rewarding and fulfilling 	https://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Documents/Healthy%20Schools%20Toolkit%20-Positive%20Mental%20Health.pdf

	<p>and stereotyping</p> <p>3. Media and social media</p> <p>4. Stress, Anxiety, Depression</p>	<p>2. Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines</p> <p>3. Sources of health information</p> <p>4. strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>5. consequences of bullying, stereotyping, and discrimination</p> <p>6. media and social influences related to psychoactive substance use and potentially addictive behaviours</p> <p>7. signs and symptoms of stress, anxiety, and depression</p>	<p>lives.</p> <p>3. Advocating for the health and well-being of others connects us to our community.</p>	
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		8. influences of physical, emotional, and social changes on identities and relationships		
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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	1. Healthy choices influence our physical, emotional, and mental well-being.	Community Health Culminating Project
	<ul style="list-style-type: none"> - Culminating Project including all aspects of Health this year. - Students will create a program to benefit people within their community for help living a healthy lifestyle. 	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	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.	

		<ul style="list-style-type: none">10. media and social influences related to psychoactive substance use and potentially addictive behaviours11. signs and symptoms of stress, anxiety, and depression12. influences of physical, emotional, and social changes on identities and relationships		
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