



Physical Education Grade 9					
Active Living					
OUTCOMES		1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
9.1 Health-Related Fitness I can examine and apply the principles of training to personal action plans that <ul style="list-style-type: none"> include daily moderate to vigorous movement activity and focus on the improvement and/or maintenance of components of health-related fitness I have chosen. 	Principles of training	<ul style="list-style-type: none"> With extensive guidance, I apply some of the principles of training to my fitness plan. 	<ul style="list-style-type: none"> I apply some of the principles of training to my fitness plan. 	<ul style="list-style-type: none"> I apply all the principles of training to my fitness plan. 	<ul style="list-style-type: none"> I apply all the principles of training to my fitness plan, and I can explain the reasons for my choices.
	Manage a personal fitness plan	<ul style="list-style-type: none"> I have incorporated significantly less than 30 minutes of moderate to vigorous activity on a daily basis in my plan. With extensive guidance, I provide some evidence that I have implemented parts of my fitness plan. 	<ul style="list-style-type: none"> I am approaching 30 minutes of moderate to vigorous activity on a daily basis in my plan. I provide some evidence that I have implemented parts of my fitness plan. 	<ul style="list-style-type: none"> I have incorporated at least 30 minutes of moderate to vigorous activity on a daily basis in my plan. I provide convincing evidence that I have implemented my fitness plan. 	<ul style="list-style-type: none"> I have incorporated at more than 30 minutes of moderate to vigorous activity on a daily basis in my plan. I provide clear, extensive, and convincing evidence that I have implemented my fitness plan.
	Movement activities	<ul style="list-style-type: none"> I need extensive guidance to choose a few activities I like and that support increased fitness and enjoyment to incorporate in my plan I can maintain target heart zone for significantly less than 12 consecutive minutes. 	<ul style="list-style-type: none"> I choose a few activities I like and that support increased fitness and enjoyment to incorporate in my plan. I can maintain target heart zone approaching 12 consecutive minutes. 	<ul style="list-style-type: none"> I choose several activities I like and that support increased fitness and enjoyment to incorporate in my plan. I can maintain target heart zone for 12 consecutive minutes. 	<ul style="list-style-type: none"> I can explain why I have chosen certain activities I like and that support increased fitness and enjoyment to incorporate in my plan. I can maintain target heart zone for more than 12 consecutive minutes.



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	Evaluate and revise plan	<ul style="list-style-type: none">• With extensive support, I can compare my personal fitness performance on appraisals to previous results and credible fitness standards.• With extensive guidance, I assess my fitness plan OR that of others.	<ul style="list-style-type: none">• I can compare my personal fitness performance on appraisals to previous results and credible fitness standards.• I assess my fitness plan OR that of others.	<ul style="list-style-type: none">• I can compare my personal fitness performance on appraisals to previous results and credible fitness standards, and revise my goals with that data in mind.• I assess my fitness plan AND that of others.	<ul style="list-style-type: none">• I can compare my personal fitness performance on appraisals to previous results and credible fitness standards, revise my goals with that data in mind, and explain my decisions.• I compare my fitness plan to that of others to obtain feedback for improvement.
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9.7 Alternate Environment I can design and implement plans to use effective tactics and strategies to enhance performance and enjoyment for myself and others in alternate environment activities.	Practise application of tactics and strategies	<ul style="list-style-type: none"> • With extensive guidance, I occasionally fully engage in a few alternate environment activities practice skills to practice the application of skills and tactics. 	<ul style="list-style-type: none"> • I occasionally fully engage in a few alternate environment activities practice skills to practice the application of skills and tactics. 	<ul style="list-style-type: none"> • I usually fully engage in many alternate environment activities practice skills to practice the application of skills and tactics. 	<ul style="list-style-type: none"> • I consistently and independently fully engage in a variety of alternate environment activities practice skills to practice the application of skills and tactics.
	Plans	<ul style="list-style-type: none"> • With extensive guidance, I can analyze requirements, create plans, OR implement plans alone or with others, to engage in 'new to me' (us) alternate environment activities. 	<ul style="list-style-type: none"> • I can analyze requirements, create plans, OR implement plans, alone or with others, to engage in 'new to me' (us) alternate environment activities. 	<ul style="list-style-type: none"> • I can analyze requirements AND create and implement plans, alone or with others, to engage in 'new to me' (us) alternate environment activities. 	<ul style="list-style-type: none"> • I can lead others to analyze requirements and create and implement plans to engage in 'new to me' (us) alternate environment activities.
	Respect for the environment	<ul style="list-style-type: none"> • With extensive guidance, I can explain how to prepare OR preserve the natural environment when using it for an alternate environment activity. 	<ul style="list-style-type: none"> • I can explain how to prepare OR preserve the natural environment when using it for an alternate environment activity. 	<ul style="list-style-type: none"> • I can explain how to prepare AND preserve the natural environment when using it for an alternate environment activity. 	<ul style="list-style-type: none"> • I can explain how to prepare AND preserve the natural environment when using it for an alternate environment activity, and remind others to be responsible.
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9.8 Body Management I can express insights on the experience of participating in body management activities to support participation in recreational and leisure time activities.	Body management activities	<ul style="list-style-type: none"> I need frequent reminders to occasionally participate in a variety of social dances or body management activities. 	<ul style="list-style-type: none"> I can occasionally participate in a variety of social dances or body management activities. 	<ul style="list-style-type: none"> I can frequently participate in a variety of social dances or body management activities. 	<ul style="list-style-type: none"> I can consistently and independently participate in a variety of social dances or body management activities.
	Outcomes of specific body management activities	<ul style="list-style-type: none"> With extensive guidance, I can identify some positive and negative outcomes of the specific body management activities. 	<ul style="list-style-type: none"> I can identify some positive and negative outcomes of the specific body management activities. 	<ul style="list-style-type: none"> I can explain the positive and negative outcomes of the specific body management activities. 	<ul style="list-style-type: none"> I can compare the positive and negative outcomes of the specific body management activities, with examples, details and facts.
Comments					
9.9 Volunteerism and Leadership I can plan, participate in, and lead with others, a movement activity event to engage others in movement activity.		<ul style="list-style-type: none"> With extensive guidance, I can identify some aspects that must be considered in order to run a movement activity event for others. 	<ul style="list-style-type: none"> I can identify some aspects that must be considered in order to run a movement activity event for others. 	<ul style="list-style-type: none"> I can explain the aspects that must be considered in order to run a movement activity event for others. 	<ul style="list-style-type: none"> I can analyze comprehensively the aspects that must be considered in order to run a movement activity



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	<ul style="list-style-type: none"> With frequent reminders, I occasionally commit to carrying out one aspect organization and running of a movement activity event. 	<ul style="list-style-type: none"> I occasionally commit to carrying out one aspect organization and running of a movement activity event. 	<ul style="list-style-type: none"> I frequently commit to carrying out one aspect of the organization and running of a movement activity event. 	<ul style="list-style-type: none"> I consistently commit to carrying out one aspect of the organization and running of a movement activity event.
	<ul style="list-style-type: none"> With frequent guidance, I occasionally collaborate with others in organizing, promoting, and running a movement activity event.. 	<ul style="list-style-type: none"> I occasionally collaborate with others in organizing, promoting, and running a movement activity event. 	<ul style="list-style-type: none"> I frequently collaborate with others in organizing, promoting, and running a movement activity event. 	<ul style="list-style-type: none"> I consistently collaborate with others in organizing, promoting, and running a movement activity event.
Comments				
9.11 Prevention and Care I can apply an understanding of how to prevent and care for a variety of movement activity-related injuries.	<ul style="list-style-type: none"> With extensive guidance, I can identify OR apply a few of the concepts of efficient movement that are important for safe exercising. With extensive guidance, I can demonstrate how to care for a few injuries, 	<ul style="list-style-type: none"> I can identify OR apply a few of the concepts of efficient movement that are important for safe exercising. I can demonstrate how to care for a few injuries, using safety precautions, which can 	<ul style="list-style-type: none"> I can identify AND apply many of the concepts of efficient movement that are important for safe exercising. I can demonstrate how to care for many injuries, using safety precautions, which can 	<ul style="list-style-type: none"> I can identify AND apply the concepts of efficient movement that are important for safe exercising. I can demonstrate how to care for a variety of injuries, using safety precautions, which can



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	using safety precautions, which can occur during participation in physical activity in a variety of settings.	occur during participation in physical activity in a variety of settings.	occur during participation in physical activity in a variety of settings.	occur during participation in physical activity in a variety of settings.
Comments				