



Physical Education Grade 6					
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. <b>I achieve the outcome.</b>	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.
<b>6.1 Health-Related Fitness</b> I can create and implement a personal health-related fitness plan targeting the health-related fitness component of cardiovascular endurance that involves setting a goal for improvement, applies the F.I.T.T. principle (Frequency, Intensity, Type of activity, and Time), and incorporates daily moderate to vigorous movement activity.	Movement activity	• I can maintain target heart zone <b>well below 10 consecutive minutes.</b>	• I can maintain target heart zone just below <b>10 consecutive minutes.</b>	• I can maintain target heart zone for a <b>10 consecutive minutes.</b>	• I can maintain target heart zone for <b>more than 10 consecutive minutes.</b>
	The FITT principle	• <b>With extensive guidance,</b> I use some components of the F.I.T.T. principle when setting a personal cardiovascular endurance goal.	• I use <b>some components</b> of the F.I.T.T. principle when setting a personal cardiovascular endurance goal.	• I use the <b>F.I.T.T. principle</b> when setting a personal cardiovascular endurance goal.	• I use the F.I.T.T. principle to <b>revise my personal goals and compare my movement activity participation and fitness appraisal over a period of time.</b>
	Create a personal health-related fitness plan	• <b>With extensive guidance,</b> I can create a health-related fitness plan that focuses on the cardiovascular component <b>OR</b> incorporates daily moderate and vigorous movement.	• I can create a health-related fitness plan that focuses on the cardiovascular component <b>OR</b> incorporates daily moderate and vigorous movement.	• I can create a health-related fitness plan that focuses on the cardiovascular component <b>AND</b> incorporates daily moderate and vigorous movement.	• I can create a health-related fitness plan that focuses on the cardiovascular component <b>AND</b> incorporates daily moderate and vigorous movement, and <b>use the data to determine my own level of cardiovascular fitness.</b>
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<b>6.2 Body Composition</b>  I can demonstrate an understanding of the impact of inactivity on body composition and how to make healthy choices for a balanced self, including regular participation in movement activity, that effectively and safely affect (maintain, increase, decrease) body fat composition.	Impact of inactivity	<ul style="list-style-type: none"> <li>With <b>extensive guidance</b>, I can <b>identify a few effects of inactivity</b> on body composition.</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>identify a few effects of inactivity</b> on body composition.</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>explain the effect of inactivity</b> on body composition.</li> </ul>	<ul style="list-style-type: none"> <li>I can compare the <b>effects of activity and inactivity</b> on body composition</li> </ul>
	Healthy Choices	<ul style="list-style-type: none"> <li>With <b>extensive guidance</b>, I can propose <b>a few</b> options for healthy, safe and effective ways to maintain a balanced self.</li> </ul>	<ul style="list-style-type: none"> <li>I can propose <b>a few</b> options for healthy, safe and effective ways to maintain a balanced self.</li> </ul>	<ul style="list-style-type: none"> <li>I can propose <b>many</b> options for healthy, safe and effective ways to maintain a balanced self.</li> </ul>	<ul style="list-style-type: none"> <li>I can propose <b>and explain many</b> options for healthy, safe and effective ways to maintain a balanced self.</li> </ul>
	Body Composition	<ul style="list-style-type: none"> <li>With <b>extensive guidance</b>, I can communicate clearly <b>a few</b> factors that influence the size, shape, and composition of the body.</li> </ul>	<ul style="list-style-type: none"> <li>I can communicate clearly <b>a few</b> factors that influence the size, shape, and composition of the body.</li> </ul>	<ul style="list-style-type: none"> <li>I can communicate clearly the <b>factors that influence the size, shape, and composition</b> of the body.</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>explain</b> clearly the factors that influence the size, shape, and composition of the body.</li> </ul>
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<b>6.3 Muscle Fitness</b>  I can apply strategies I have chosen to improve muscular endurance and flexibility effectively and safely , and I understand how to improve	<ul style="list-style-type: none"> <li>With <b>extensive guidance</b>, I use <b>some</b> safety guidelines for effective muscular strength and flexibility development.</li> </ul>		<ul style="list-style-type: none"> <li>I use <b>some</b> safety guidelines for effective muscular strength and flexibility development.</li> </ul>	<ul style="list-style-type: none"> <li>I use <b>safety guidelines</b> for effective muscular strength and flexibility development.</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>consistently and independently</b> apply safety guidelines for effective muscular strength and flexibility development, and <b>remind others of those guidelines.</b></li> </ul>



muscle strength safely and effectively.		<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can use my own body weight to improve and challenge personal muscular strength.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>With guidance</b>, I can use my own body weight to improve and challenge personal muscular strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can use my own body weight to improve and challenge personal muscular strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I <b>can choose exercises</b> that use my own body weight to improve and challenge personal muscular strength</li> </ul>
		<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I perform <b>some</b> exercises to enhance flexibility and muscular endurance with correct technique.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>With guidance</b>, I perform <b>some</b> exercises to enhance flexibility and muscular endurance with correct technique.</li> </ul>	<ul style="list-style-type: none"> <li>• I perform <b>many</b> exercises to enhance flexibility and muscular endurance with correct technique.</li> </ul>	<ul style="list-style-type: none"> <li>• I perform <b>all</b> exercises to enhance flexibility and muscular endurance with correct technique.</li> </ul>
		<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I use the proper names of <b>some</b> muscles when doing flexibility and muscular endurance exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>With guidance</b>, I use the proper names of <b>some</b> muscles when doing flexibility and muscular endurance exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• I use the proper names of <b>most</b> muscles when doing flexibility and muscular endurance exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• I use <b>consistently and independently</b> use the proper names of muscles when doing flexibility and muscular endurance exercises.</li> </ul>
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<b>6.10 Alternate Environment &amp; Body Management</b>  <b>I can apply controlled use of selected movement skills and variations as well as safe and</b>	Movement skills	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I demonstrate <b>some</b> progression in skill development required for participation in bod management activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I demonstrate <b>some</b> progression in skill development required for participation in bod management activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I demonstrate <b>appropriate</b> progression in skill development required for participation in bod management activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I demonstrate <b>significant</b> progression in skill development required for participation in bod management activities.</li> </ul>
	Safe behaviors	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I use <b>some safety guidelines</b> for body management and alternate environment activities, such as using the required equipment and supplies with care, and coming properly</li> </ul>	<ul style="list-style-type: none"> <li>• I use <b>some safety guidelines</b> for body management and alternate environment activities, such as using the required equipment and supplies with care, and coming properly dressed for the activity</li> </ul>	<ul style="list-style-type: none"> <li>• I use <b>safety guidelines</b> for body management and alternate environment activities, such as using the required equipment and supplies with care, respecting the natural environment, and</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>consistently and independently use safety guidelines</b> for body management and alternate environment activities, such as using the required equipment and supplies with care, and coming properly</li> </ul>



<b>environmentally friendly behaviours while participating in a variety of:</b> <ul style="list-style-type: none"> <li>• alternate environment activities</li> <li>• body management activities including dance and educational gymnastics, as well as others.</li> </ul>		dressed for the activity and weather conditions.	and weather conditions.	coming properly dressed for the activity and weather conditions.	dressed for the activity and weather conditions, and <b>remind others of those guidelines.</b>
	Environmentally friendly behaviors	<ul style="list-style-type: none"> <li>• <b>With extensive guidance,</b> I demonstrate <b>some</b> environmentally friendly behaviors in alternate environment activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I demonstrate <b>some</b> environmentally friendly behaviors in alternate environment activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I demonstrate <b>environmentally friendly behaviors in alternate environment activities.</b></li> </ul>	<ul style="list-style-type: none"> <li>• I <b>consistently and independently</b> demonstrate environmentally friendly behaviors in alternate environment activities, and <b>remind others of those guidelines.</b></li> </ul>
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