

APPENDIX D: SUGGESTIONS FOR YEARLY/SEMESTER PLANNING

Examples of Yearly/Semester Plans

The following examples model ways of organizing a plan for implementing the physical education/health education curriculum, using an integrated approach.

Example 1: Yearly/Semester Planning by General Learning Outcomes (GLOs)

If teachers are organizing a yearly/semester plan by GLOs, they could prepare a chart such as the following, outlining the GLOs, physical activity categories, and health strands/sub-strands/topics. Teachers would

- focus on addressing/assessing particular GLOs and the corresponding specific learning outcomes for a certain period of time (e.g., a week, a cycle, “x” number of classes) on a rotating basis
- choose physical activities to help students achieve the selected learning outcomes
- decide on the health strand(s)/sub-strand(s)/topic(s) that would best connect with the content addressed in a particular period of time
- use the selected period of time as a guideline while monitoring student progress and achievement

Example:

Organizing the Year/Semester by General Learning Outcomes		
GLO Focus for Instruction and Assessment	Physical Education Focus	Health Education Focus
	Physical Activity Category	Health Strand/Sub-strand/Topic
<ul style="list-style-type: none"> • GLO 1—Movement • GLO 2—Fitness Management • GLO 3—Safety • GLO 4—Personal and Social Management • GLO 5—Healthy Lifestyle Practices 	<ul style="list-style-type: none"> • Individual/Dual Sports/Games • Team Sports/Games • Alternative Pursuits • Rhythmic/Gymnastic Activities • Fitness Activities 	<ul style="list-style-type: none"> • Safety of Self and Others • Personal Development • Social Development • Mental-Emotional Development • Personal Health Practices • Active Living • Nutrition • Substance Use and Abuse Prevention • Human Sexuality

Note that this organizational chart identifies the GLOs and related specific learning outcomes that teachers would *emphasize* and *assess* during a particular time. It is intended that all lessons or classes will address or reinforce each general learning outcome throughout the year/semester.

A more detailed example of organizing the non-semestered year by GLOs follows.

Organizing the Non-Semestered Year by General Learning Outcomes					
Cycle/ Week(s)	Physical Education (PE) GLO/Strand Focus for Instruction and Assessment	Physical Activity Category and Theme Refer to Appendix A: Physical Activity Categories for activity suggestions.	Month	Health Education (HE) GLO/Strand Focus for Instruction and Assessment	Health Sub-strand and Theme Refer to list of sub- strands in GLO Summary Charts—see Framework Excerpts.
1	GLO 3—Safety <i>Knowledge Strand(s):</i> A. Physical Activity Risk Management <i>Skill Strand(s):</i> A. Safe Practices	Team Sports/Games <i>Game/Skill Theme(s):</i> — lead-up games/activities	September	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> A. Personal Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	A.1 Self-Awareness/ Self-Esteem A.2 Goal Setting A.3 Decision-Making/ Problem-Solving Process <i>Skill Sub-strand(s):</i> — goal setting/ planning — decision making/ problem solving
2	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	Alternative Pursuits <i>Game/Skill Theme(s):</i> — land-based			
3 & 4	GLO 2—Fitness Management <i>Knowledge Strand(s):</i> A. Fitness Components B. Fitness Benefits C. Fitness Development <i>Skill Strand(s):</i> A. Fitness Management Skills	Fitness Activities <i>Game/Skill Theme(s):</i> — training programs			
5 & 6	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> D. Rhythmic/Gymnastic Activities	Rhythmic/Gymnastic Activities <i>Game/Skill Theme(s):</i> — acrobatic gymnastics	October	GLO 3—Safety <i>Knowledge Strand(s):</i> B. Safety of Self and Others <i>Skill Strand(s):</i> A. Safe Practices	B.1 Community Safety Awareness B.4 Community Support and Services <i>Skill Sub-strand(s):</i> — physical activity — first aid
7 & 8	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> C. Sports/Games	Individual/Dual Sports/Games <i>Game/Skill Theme(s):</i> — target			
9 & 10	GLO 3—Safety <i>Knowledge Strand(s):</i> A. Physical Activity Risk Management <i>Skill Strand(s):</i> A. Safe Practices	Team Sports/Games <i>Game/Skill Theme(s):</i> — net/wall	November	GLO 5—Healthy Lifestyle Practices <i>Knowledge Strand(s):</i> B. Active Living (S2)* D. Substance Use and Abuse Prevention <i>Skill Strand(s):</i> A. Decision-Making/ Problem-Solving Skills	B.1 Benefits of Physical Activity (S2) B.2 Physical Activity Choices (S2) B.3 Influence of Technology on Physical Activity (S2) D.1 Helpful and Harmful Substances D.2 Effects of Substance Use D.3 Factors Affecting Substance Use <i>Skill Sub-strand(s):</i> — active living (S2) — substance use and abuse
11 & 12	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> A. Personal Development B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	Individual/Dual Sports/Games <i>Game/Skill Theme(s):</i> — innovative			
First Reporting Period					

* Note: Strands and sub-strands apply to both Senior 1 (S1) and Senior 2 (S2) unless only one grade is specified.

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Cycle/ Week(s)	Physical Education (PE) GLO/Strand Focus for Instruction and Assessment	Physical Activity Category and Theme	Month	Health Education (HE) GLO/Strand Focus for Instruction and Assessment	Health Sub-strand and Theme
13	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> D. Rhythmic/Gymnastic Activities	Rhythmic/Gymnastic Activities <i>Game/Skill Theme(s):</i> — multicultural activities — Aboriginal activities	December	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> B. Social Development C. Mental-Emotional Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	B.1 Social Responsibility B.2 Relationships B.3 Conflict-Resolution Process (S1) B.4 Avoidance and Refusal Strategies (S1) C.1 Feelings and Emotions (S2) C.2 Elements of Stress (S2) C.3 Effects of Stress (S2) C.4 Stress-Management Strategies (S2) <i>Skill Sub-strand(s):</i> — interpersonal skills — conflict-resolution skills (S1) — stress-management skills (S2)
14	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> A. Personal Development B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	Rhythmic/Gymnastic Activities <i>Game/Skill Theme(s):</i> — contemporary activities			
Winter Break					
15	GLO 2—Fitness Management <i>Knowledge Strand(s):</i> A. Fitness Components B. Fitness Benefits C. Fitness Development <i>Skill Strand(s):</i> A. Fitness Management Skills	Fitness Activities <i>Game/Skill Theme(s):</i> — training programs	January	GLO 3—Safety <i>Knowledge Strand(s):</i> B. Safety of Self and Others <i>Skill Strand(s):</i> A. Safe Practices	B.3 Prevention and Care of Injuries B.5 Violence Prevention (S1) B.6 Personal Safety (S1) <i>Skill Sub-strand(s):</i> — physical activity — first aid
16	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> B. Sports/Games	Team Sports/Games <i>Game/Skill Theme(s):</i> — territory/invasion			
17	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	Team Sports/Games <i>Game/Skill Theme(s):</i> — net/wall			
18	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> C. Alternative Pursuits	Alternative Pursuits <i>Game/Skill Theme(s):</i> — land-based	February	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	B.1 Social Responsibility <i>Skill Sub-strand(s):</i> — decision making/ problem solving — interpersonal skills — conflict resolution (S1)
19	GLO 3—Safety <i>Knowledge Strand(s):</i> A. Physical Activity Risk Management <i>Skill Strand(s):</i> A. Safe Practices	Alternative Pursuits <i>Game/Skill Theme(s):</i> — land-based			

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Cycle/ Week(s)	Physical Education (PE) GLO/Strand Focus for Instruction and Assessment	Physical Activity Category and Theme	Month	Health Education (HE) GLO/Strand Focus for Instruction and Assessment	Health Sub-strand and Theme
20 & 21	GLO 2—Fitness Management <i>Knowledge Strand(s):</i> A. Fitness Components B. Fitness Benefits C. Fitness Development <i>Skill Strand(s):</i> A. Fitness Management Skills	Fitness Activities <i>Game/Skill Theme(s):</i> — training programs	March	GLO 5—Healthy Lifestyle Practices <i>Knowledge Strand(s):</i> A. Personal Health Practices (S2) C. Nutrition (S2) D. Substance Use and Abuse Prevention <i>Skill Strand(s)</i> A. Decision-Making/ Problem-Solving Skills	A.2 Illness/Disease Prevention (S2) C.1 Healthy Eating (S2) C.2 Food and Fluid for Active Bodies (S2) D.1 Helpful and Harmful Substances D.2 Effects of Substance Use D.3 Factors Affecting Substance Use <i>Skill Sub-strand(s):</i> — personal health practices (S2) — healthy food choices (S2) — substance use and abuse
22	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> A. Personal Development B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	Sports/Games (individual/dual and team) <i>Game/Skill Theme(s):</i> — innovative — target			
23	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> B. Sports/Games	Sports/Games (individual/dual and team) <i>Game/Skill Theme(s):</i> — combative — target			
Second Reporting Period: Spring Break					
24	GLO 4—Personal and Social Management <i>Knowledge Strand(s):</i> A. Personal Development B. Social Development <i>Skill Strand(s):</i> A. Personal and Social Management Skills	Individual/Dual Sports/Games <i>Game/Skill Theme(s):</i> — net/wall	April	GLO 5—Healthy Lifestyle Practices <i>Knowledge Strand(s):</i> A. Personal Health Practices (S2) <i>Skill Strand(s):</i> A. Decision-Making/ Problem-Solving	A.2 Illness/Disease Prevention (S2) <i>Skill Sub-strand(s):</i> — personal health practices (S2)
25	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> B. Sports/Games	Individual/Dual Sports/Games <i>Game/Skill Theme(s):</i> — athletics			
26 & 27	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> D. Rhythmic/Gymnastic Activities	Rhythmic/Gymnastic Activities <i>Game/Skill Theme(s):</i> — ballroom/social			

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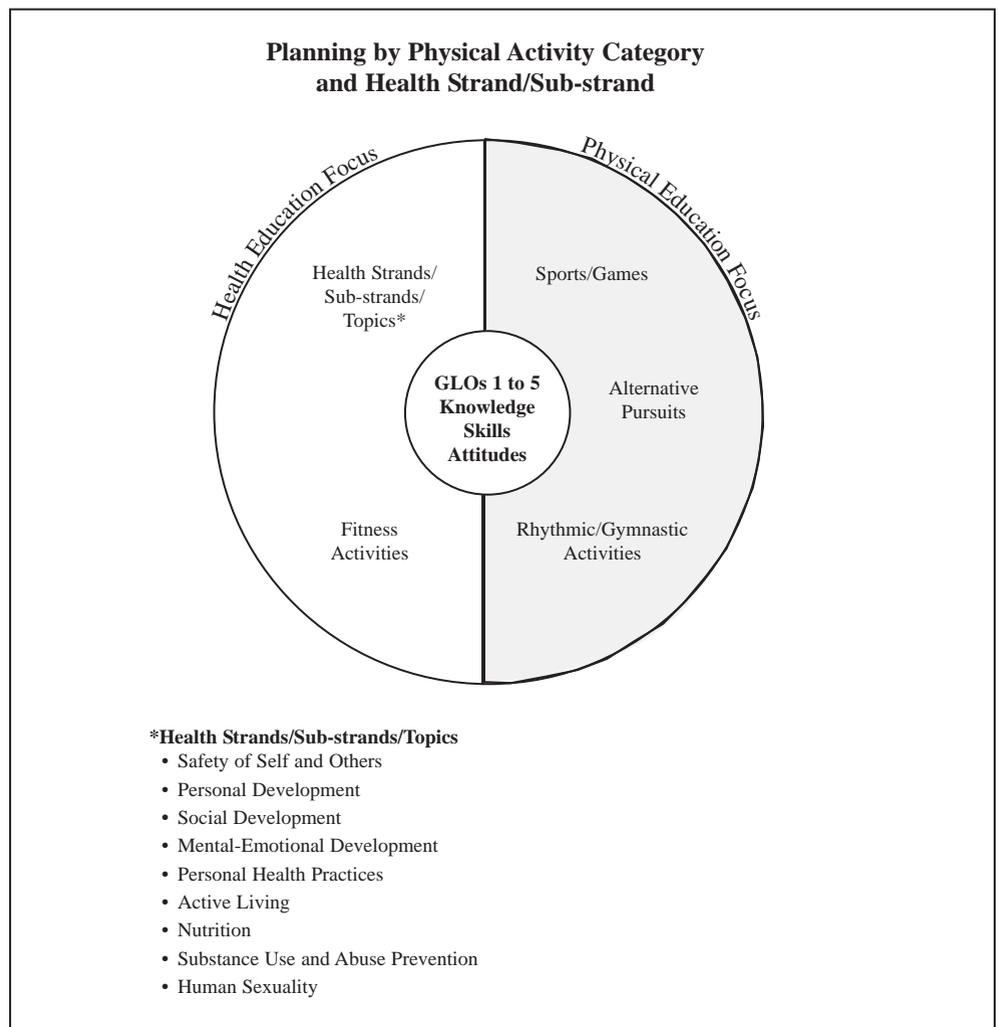
Cycle/ Week(s)	Physical Education (PE) GLO/Strand Focus for Instruction and Assessment	Physical Activity Category and Theme	Month	Health Education (HE) GLO/Strand Focus for Instruction and Assessment	Health Sub-strand and Theme
28 & 29	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> B. Sports/Games	Individual/Dual Sports/Games <i>Game/Skill Theme(s):</i> — athletics	May	GLO 5—Healthy Lifestyle Practices <i>Knowledge Strand(s):</i> B. Active Living (S2) E. Human Sexuality <i>Skill Strand(s):</i> A. Decision-Making/ Problem-Solving Skills	B.1 Benefits of Physical Activity (S2) B.2 Physical Activity Choices (S2) B.3 Influence of Technology on Physical Activity (S2)
30	GLO 2—Fitness Management <i>Knowledge Strand(s):</i> A. Fitness Components B. Fitness Benefits C. Fitness Development <i>Skill Strand(s):</i> A. Fitness-Management Skills	Fitness Activities <i>Game/Skill Theme(s):</i> — movement arts			E.1 Biological Growth and Development E.2 Psychological Factors E.3 Sociological Factors E.4 Health Issues <i>Skill Sub-strand(s):</i> — active living (S2) — human sexuality
31	GLO 3—Safety <i>Knowledge Strand(s):</i> A. Physical Activity Risk Management <i>Skill Strand(s):</i> A. Safe Practices	Alternative Pursuits <i>Game/Skill Theme(s):</i> — aquatics — water-based	June	GLO 3—Safety <i>Knowledge Strand(s):</i> A. Physical Activity Risk Management <i>Skill Strand(s):</i> A. Safe Practices	A.5 Alternative Pursuits <i>Skill Sub-strand(s):</i> — physical activity — first aid
32 & 33	GLO 1—Movement <i>Knowledge Strand(s):</i> A. Basic Movement B. Movement Development C. Activity-Specific Movement <i>Skill Strand(s):</i> B. Sports/Games	Team Sports/Games <i>Game/Skill Theme(s):</i> — striking/fielding			

Example 2: Semester Planning by Physical Activity Category and Health Strands/Sub-strands

In organizing a semester plan by activity category and health strands/sub-strands, teachers would

- choose physical activities related to a category
- determine how much time is to be spent on these learning activities
- identify the specific learning outcomes that will be achieved through these learning activities
- decide on a health strand/sub-strand/topic that would best connect with the content addressed in the particular period of time

The following chart outlines the physical activity categories and the health strands/sub-strands/topics that contribute to the development of the five GLOs.



A detailed example of organizing a Senior 2 semester by physical activity category and health strand/sub-strand follows.

Organizing a Senior 2 Semester By Physical Activity Category and Health Strand/Sub-strand				
Month	Physical Activity		Health	
	Category	Topic	Strand/Sub-strand	Topic
September	1. Sports/Games— Individual/Team 2. Alternative Pursuits	– tennis – golf – softball	1. Safety of Self and Others 2. Personal Development 6. Active Living	– wellness – safety
October	1. Sports/Games—Team 2. Alternative Pursuits 4. Physical Fitness Activities	– ultimate – flag football – fitness walking – orienteering	4. Mental-Emotional Development 5. Personal Health Practices 7. Nutrition	– anger management – stress – self-esteem – illness/disease prevention – nutrition
November	1. Sports/Games—Team	– lacrosse – volleyball – team handball – basketball	3. Social Development 9. Human Sexuality	– relationships – STIs – HIV/AIDS – birth control
December	1. Sports/Games— Individual/Team 2. Alternative Pursuits 4. Physical Fitness Activities	– badminton – fitness management – low organized games – archery	8. Substance Use and Abuse Prevention	– drug use/abuse
January	1. Sports/Games— Individual/Team 2. Alternative Pursuits 3. Rhythmic Activities 4. Physical Fitness Activities	– curling – broomball – cross-country skiing – dance		

Physical Activity Categories	Health Strands/Sub-strands
1. Sports/Games—Individual/Dual/Team 2. Alternative Pursuits 3. Rhythmic/Gymnastic Activities 4. Physical Fitness Activities	1. Safety of Self and Others 2. Personal Development 3. Social Development 4. Mental-Emotional Development (Senior 2 only) 5. Personal Health Practices (Senior 2 only) 6. Active Living (Senior 2 only) 7. Nutrition (Senior 2 only) 8. Substance Use and Abuse Prevention 9. Human Sexuality

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