

APPENDIX B: GRADE 11 ACTIVE HEALTHY LIFESTYLES CURRICULUM MATRIX

The following matrix of the Grade 11 Active Healthy Lifestyles curriculum

- identifies the minimum time allotments for each component of this course:
 - Physical Activity Practicum
 - Core Component
 - Flexible Delivery Component
- notes the suggested time allocation, in percentages, for each module
- lists the specific learning outcomes (SLOs) that students are expected to achieve
- makes general learning outcome (GLO) connections for each module

Grade 11 Active Healthy Lifestyles Curriculum Matrix					
Component and % Time Allotment	Module	Time in %	Specific Learning Outcomes		GLO Connection*
Physical Activity Practicum (Minimum 50%)	Module A: Physical Activity Practicum	50%	11.PA.1	Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to health-related fitness goals.	1, 2, 3 ,4, 5
			11.PA.2	Demonstrate an understanding of the risk-management process and responsibilities related to physical activity participation.	
			11.PA.3	Demonstrate the ability to access and use information for making informed decisions about safety and risk management related to physical activity participation. <i>Includes:</i> level of instruction, level of supervision, facilities/environment, equipment, clothing/footwear, and personal and other considerations	
			11.PA.4	Apply movement skills and concepts in selected physical activities that meet the goals of a personal physical activity plan.	
			11.PA.5	Participate in physical activities at a moderate to vigorous intensity level.	
			11.PA.6	Record and report the frequency, intensity, time, and type of the physical activities, as indicated in the personal physical activity plan, and reflect on physical activity participation.	

* The GLO 1—Movement; GLO 2—Fitness Management; GLO 3—Safety; GLO 4—Personal and Social Management; GLO 5—Healthy Lifestyle Practices

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Grade 11 Active Healthy Lifestyles Curriculum Matrix (Continued)

Component and % Time Allotment	Module	Time in %	Specific Learning Outcomes	GLO Connection
Core Component (Minimum 25%)	Module B: Fitness Management	10%	11.FM.1 Evaluate the benefits of selected types of physical activities in the development of fitness and in the prevention of disease at various stages of life. <i>Examples:</i> relationship between aerobic activity and cardiovascular disease, breast cancer, type 2 diabetes, mental health; relationship between weight-bearing activities and osteoporosis	1, 2, 3, 4, 5
			11.FM.2 Examine factors that have an impact on the development and implementation of and adherence to a personal physical activity plan. <i>Examples:</i> motivation, barriers, changing lifestyle, values and attitudes, social benefits, finances, medical conditions, incentives, readiness for change	
			11.FM.3 Examine and evaluate factors that affect fitness and activity choices. <i>Examples:</i> intrinsic and extrinsic motivation, personal interests, personal health, family history, environment, finances, culture, level of risk	
			11.FM.4 Demonstrate an understanding of the concepts and principles related to the development and implementation of a personal physical activity plan. <i>Examples:</i> cardiorespiratory endurance/aerobic fitness, musculoskeletal fitness, training principles, FITT (frequency, intensity, time, type) principle	
			11.FM.5 Design, implement, evaluate, and revise an exercise routine that contributes to the health-related fitness components. <i>Examples:</i> resistance training, walking, running programs	

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Grade 11 Active Healthy Lifestyles Curriculum Matrix *(Continued)*

Component and % Time Allotment	Module	Time in %	Specific Learning Outcomes	GLO Connection
Core Component <i>(Continued)</i> (Minimum 25%)	Module C: Mental-Emotional Health	5%	11.MH.1 Identify and apply positive health strategies to deal with issues such as stress, anxiety, depression, and eating disorders. 11.MH.2 Examine media influence(s) on self-image and behaviour. 11.MH.3 Investigate the impact and importance of active healthy lifestyle practices on mental-emotional health issues. 11.MH.4 Examine the signs and symptoms of mental-emotional health issues related to stress, anxiety, depression, and eating disorders. 11.MH.5 Identify community service agencies that support individuals concerned about mental-emotional health issues. 11.MH.6 Apply problem-solving and decision-making strategies in case scenarios related to selected mental-emotional health issues.	3, 4, 5
	Module D: Social Impact of Sport	5%	11.SI.1 Identify the different stages of sport participation and their role in society. 11.SI.2 Examine the impact of sport on various social issues. <i>Examples:</i> ethnic background, gender equity, populations with exceptional needs, politics, technology, business 11.SI.3 Analyze sporting behaviours that may be positive and/or negative.	1, 4
	Module E: Substance Use and Abuse Prevention	5%	11.SU.1 Explain ways in which drugs and other substances are classified. 11.SU.2 Explain the stages of involvement in substance use or abuse. <i>Includes:</i> non-involvement, irregular involvement, regular involvement, harmful involvement, and dependent involvement 11.SU.3 Examine factors that influence decisions regarding substance use and abuse. 11.SU.4 Use reliable information in making healthy decisions for helping self and/or others regarding substance use and abuse.	3, 4, 5
Flexible Delivery Component (Up to 25%)	Extension of Core Component and/or Physical Activity Practicum topics or time that is locally determined. Specific learning outcomes are locally developed.			

