






APPENDIX A: CURRICULUM MAP FOR GRADE 11 AND GRADE 12 ACTIVE HEALTHY LIFESTYLES

General Learning Outcomes (GLOs)	1. Movement 	2. Fitness Management 	3. Safety 	4. Personal and Social Management 	5. Healthy Lifestyle Practices 
Description	<i>The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.</i>	<i>The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.</i>	<i>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.</i>	<i>The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.</i>	<i>The student will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.</i>
Knowledge Strands (Acquiring Knowledge/ Understanding)	A. Basic Movement B. Movement Development C. Activity-Specific Movement	A. FITNESS COMPONENTS B. FITNESS BENEFITS C. FITNESS DEVELOPMENT	A. PHYSICAL ACTIVITY RISK MANAGEMENT B. Safety of Self and Others	A. PERSONAL DEVELOPMENT B. SOCIAL DEVELOPMENT C. MENTAL-EMOTIONAL DEVELOPMENT (11 only)	A. Personal Health Practices B. ACTIVE LIVING C. NUTRITION (12 only) D. SUBSTANCE USE AND ABUSE PREVENTION (11 only) E. HUMAN SEXUALITY (12 only)
Skill Strands (Acquiring and Applying Skills)	A. Acquisition of Movement Skills B. APPLICATION OF MOVEMENT SKILLS TO SPORT/GAMES C. APPLICATION OF MOVEMENT SKILLS TO ALTERNATIVE PURSUITS D. APPLICATION OF MOVEMENT SKILLS TO RHYTHMIC/GYMNASTIC ACTIVITIES	A. ACQUISITION/ APPLICATION OF FITNESS MANAGEMENT SKILLS TO PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE PRACTICES	A. ACQUISITION/ APPLICATION OF SAFE PRACTICES TO PHYSICAL ACTIVITY and Healthy Lifestyle Practices	A. ACQUISITION OF PERSONAL AND SOCIAL MANAGEMENT SKILLS TO PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE PRACTICES	A. APPLICATION OF DECISION-MAKING/ PROBLEM-SOLVING SKILLS TO PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE PRACTICES

Key: The strands that appear in CAPS are addressed in both grades or only in one grade (as specified).

