

This *Physical Education/Health Education (PE/HE) Planning Tool* has been developed to further support teachers in the delivery of the *Kindergarten to Grade 12 PE/HE Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*.

The Planning Tool is intended to facilitate planning, assessment and reporting of student learning by:

1. Aligning all the current Kindergarten to Grade 10 PE/HE Student Learning Outcomes (SLOs) with each of the reporting categories of the Provincial Report Card in PE/HE (i.e. Movement, Fitness Management, Healthy Lifestyles as well as Learning Behaviours);
2. Clustering the PE/HE SLOs according to the principal curricular themes for each pair of grade levels (Kindergarten stands alone) identified in this planning tool as *Broad Areas of Learning*;
3. Identifying *Achievement Objectives*, another term adopted for this planning tool that summarize the knowledge, skills and attitudes students are expected to demonstrate in meeting the outcomes in each sub-cluster of SLOs;
4. Clustering of PE/HE SLOs that align with the Provincial Report Card's *Learning Behaviours* for developing social responsibility;
5. Providing a template for identifying learning resources according to the *Broad Areas of Learning* identified in the *Healthy Lifestyles* section of this planning tool.

Please note that the SLO clusters, the *Broad Areas of Learning* and the *Achievement Objectives* identified in this planning tool are suggestions for the purposes of this tool only and are not intended to distinguish between SLOs as to their relative importance. All SLOs from the *Framework of Outcomes* remain compulsory.

PE/HE Category: Movement
 The student acquires movement concepts and skills for safe and functional use in a variety of physical activities and environments.

Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
Movement Development 7-8.Mvt.1 Functional use of selected and activity-specific movement skills in a variety of physical activities and settings.	Recognizes characteristics of selected movement skills and patterns as applied in a variety of physical activities.	K17A1. Recognize characteristics of selected movement skills and patterns as applied in a variety of physical activities, including territory invasion-type and striking/fielding-type activities.	K18A1. Recognize characteristics of selected movement skills and patterns as applied in a variety of physical activities, including net/wall and target-type activities.
		K17B1. Examine external factors that may affect movement skill development.	
	Performs extensions and combinations of movement skills while applying mechanical principles.	K17B2. Identify the biomechanical concepts for efficient movement as it relates to striking activities.	
		S17A1. Perform extensions and/or variations of transport skills, applying mechanical principles for speed, height, and/or distance.	S18A1. Perform combinations of transport, manipulation, and balance skills, applying mechanical principles for control.
		S17A2. Perform manipulation skills, applying mechanical principles for consistency.	S18A2. Perform combinations of manipulation skills, applying mechanical principles on use of projectiles for control.
		S17A3. Demonstrate static and dynamic balance abilities, applying mechanical principles for stability and strength in cooperative-type activities.	S18A3. Demonstrate static and dynamic balance abilities, applying mechanical principles for stability and strength in cooperative-type activities.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
	Applies functional use of selected movement skills in a variety of physical activities.	S17B1. Apply functional use of selected and/or activity-specific movement skills in a variety of individual/dual games/sports.	S18B1. Apply functional use of selected and/or activity-specific movement skills in a variety of individual/ dual games/sports, including net/wall and target-type activities.
		S17B2. Apply functional use of selected and/or activity-specific movement skills with a defensive and/or an offensive component in a variety of games/ sports, including territory/invasion-type and striking/fielding-type activities.	S18B2. Apply functional use of selected and/or activity-specific movement skills in a variety of physical activities, including net/wall and target-type games.
		S17C1. Apply functional use of selected activity-specific skills in alternative pursuits.	S18C1. Apply functional use of selected activity-specific skills in alternative pursuits.
	Designs and performs rhythmic sequences that use movement concepts and selected rhythmic steps, positions, and patterns in rhythmic activities.	S17D1. Design and perform rhythmic sequences that use movement concepts and selected rhythmic steps, positions, and patterns in rhythmic activities related to own culture or culture of interest.	S18D1. Design and perform rhythmic sequences that use movement concepts and selected rhythmic steps, positions, and patterns in rhythmic activities related to own culture or culture of interest.
	Designs and performs movement sequences with others that use movement concepts and selected activity-specific skills, using small or large apparatus.	S17D2. Design and perform movement sequences with others that use movement concepts and selected activity-specific skills, using small or large apparatus.	S18D2. Design and perform movement sequences with others that use movement concepts and selected activity-specific skills, using small or large apparatus.
Movement Understanding 7-8.Mvt.2 Use of specific terminology, rules and strategies for participating and officiating in various games and sports.	Analyzes movement concepts as they apply to different physical activity categories.	K17B3. Analyze movement concepts as they apply to territory invasion-type and striking/fielding-type activities.	K18B3. Analyze movement concepts in net/wall and target-type activities.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
	Shows an understanding of the specific terminology, strategies and fair play behaviours associated with selected sports and games.	K17C1. Identify the importance of following rules of selected sports and games.	
		K17C2. Show an understanding of the specific terminology associated with selected sports and games, including territory/invasion-type and striking/fielding-type activities	K18C2. Show an understanding of the specific terminology associated with selected sports and games, including net/wall and target-type activities
		K17C3. Determine basic offensive and defensive strategies in games, including territory/invasion-type and striking/fielding-type activities.	K18C3. Describe common strategies used in various games, including net/wall and target-type activities.
		K17C4. Distinguish between fair play behaviours and unethical behaviours regarding participation in physical activities and/or sports.	K18C4. Set and/or review expectations for personal and group conduct regarding participation in physical activities and/or sports.
	Collaborates with others in planning, organizing and officiating physical activity games and tournaments.	S17B3. Demonstrate the ability to work cooperatively/ collaboratively in planning, organizing, and/or officiating physical activities.	S18B3. Contribute to the organization and administration of a tournament.
Physical Activity Risk Management 7-8.Mvt.3 Use of safety rules, routines, and procedures for participation and use of equipment in selected physical activities.	Determines and follows safe practices, rules and routines for participation and use of facilities and equipment in selected physical activities and environments.		K18C1. Examine the reasons for rules and for adaptation of rules related to safety and risk factors of selected sports and games.
		K37A1. Determine safety rules, routines, and procedures related to selected activities, including territory/invasion-type and striking/fielding-type activities.	K38A1. Determine safety rules, routines, and procedures related to selected physical activities, including net/wall and target-type activities.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
		K37A3. Justify reasons for appropriate dress for selected physical activities.	K38A3. Justify reasons for appropriate dress for selected physical activities.
		K37A4. Investigate factors related to facilities and equipment to ensure the safe inclusion of all students in selected activities.	K38A4. Investigate factors related to facilities and equipment to ensure the safe inclusion of all students in selected activities.
		K37A5a. Show an understanding of potential safety risks related to environments for selected alternative pursuits.	K38A5a. Investigate potential safety risks inherent in selected alternative pursuits.
			K38A5b. Determine safe areas and opportunities for cycling and/or other similar activities in the community.
		S37A1. Follow set rules and routines for safe participation and use of equipment in selected specific physical activities.	S38A1. Follow set rules and routines for safe participation and use of equipment in selected specific physical activities.

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PE/HE Category: Fitness Management

The student acquires fitness concepts and skills that contribute to personal fitness development through a variety of physical activities and fitness development experiences.

Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
Fitness Development Concepts 7-8.FM.1 Understanding of the F.I.T.T. principle and safe exercising techniques for the development of health and skill related fitness components.	Identifies the health-related fitness components and the activities/exercises that are best suited to their development.	K27A1. Sort and classify physical activities/exercises that are best suited to developing each of the health-related fitness components.	K28A1. Identify the five health-related fitness components and their importance to a balanced fitness plan.
		K27B1. Promote the benefits of physical activity for optimal health and fitness.	
			K58B1. Identify and categorize physical activities of different intensities and their potential benefits.
	Identifies the names and actions of the major muscle groups and specific muscles in the context of exercise and physical activity.	K27C1a. Identify the names and locations of the major muscle groups in the context of exercise and physical activity.	K28C1a. Identify the names of muscle groups and specific muscles and primary action across the various joints.
	Explains the effects of exercise on the muscular system and the benefits of cross-training on fitness and movement skill development.	K27C1b. Describe the effects of exercise and inactivity on the muscular system.	K28C1b. Explain the effects of exercise on use and overuse of muscles.
			K18B1. Explain the cross-training effect of different games/ activities on fitness and movement skill development.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
	Explains the FITT principle and describes ways to apply it to health-related fitness components.	K27C2. Identify and explain the FITT (frequency, intensity, time, and type of activity) principle.	K28C2. Describe ways to apply the FITT principle to health-related fitness components.
	Identifies the practices and biomechanical concepts that are important for safe warm-ups (movement preparation) and exercising.		K18B2. Identify the biomechanical concepts that are important for safe exercising in lifting and carrying activities.
		K27C3. Describe the purpose of warm-up and cool-down for physical activity participation.	K28C3. Identify the indirect, direct and identical stages of activity-specific warm-ups and examples of each stage for specific physical activities.
		K37A2. Determine personal responsibilities and risk levels in performing specific exercises.	K38A2. Identify the risks of contraindicated exercises and safe exercises alternatives.
Active Participation 7-8.FM.2 Sustained participation in moderate to vigorous activities for personal fitness development.	Participates in fitness activities that use the FITT principle and contribute to personal health-related goals.	K27C4. Identify personal factors and preferences for choosing physical activities for fitness and health.	K28C4. Identify personal factors and preferences for choosing physical activities for fitness and health.
		S27A1a. Demonstrate behaviours for personal fitness-goal attainment.	S28A1a. Participate in fitness activities that use the FITT principle and contribute to personal health-related fitness goals.
	Participates in continuous and sustained aerobic activity related to personal target heart-rate zones.	S27A1b. Participate in continuous aerobic activity for a sustained period of time related to rate of perceived exertion and general target heart-rate zones.	S28A1b. Participate in continuous aerobic activity related to personal target heart-rate zones.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
			K58B2. Investigate different ways to increase physical activity in daily living as it relates to sustainable development.
Fitness Assessment 7-8.FM.3 Measurement and assessment of health-related fitness components.	Records physical activity participation and assesses/charts personal fitness results that contribute to personal progress.	S27A2. Determine the relationship between the rate of perceived exertion and the general target heart-rate zones.	S28A2. Determine personal target heart-rate zone, using simple methods.
		S27A3a. Demonstrate the use of assessment strategies to determine, organize, and record fitness results and physical activity participation.	S28A3a. Assess the level of ability in one or more health-related fitness components of physical fitness.
		S27A3b. Chart own fitness results throughout the year to determine effects of activity participation and/or specific training on personal progress.	S28A3b. Chart own fitness results throughout the year to determine effects of activity participation and/or specific training on personal progress.
First Aid 7-8.FM.4 Demonstration of basic first aid and emergency procedures for common injuries/conditions and different types of accidents.	Identifies common injuries/conditions and basic first-aid procedures.		K38B3. Identify common injuries/conditions and basic first-aid procedures.
	Describes the emergency steps related to water incidents/accidents and ways to seek help for these and other types of accidents.	K37A5b. Outline the emergency steps related to water incidents or accidents.	
		K37B4. Describe ways to seek help related to different types of accidents and/or dangerous situations.	

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PE/HE Category: Healthy Lifestyles
 The student acquires concepts and applicable personal and interpersonal skills in developing well-being, healthy lifestyle practices, and healthy relationships.

Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
Decision Making for Health and Well-Being 7-8.HE.1 Use of planning, decision-making, problem-solving and self-monitoring to enhance personal health and well-being.	Sets, monitors and revises personal goals to enhance health and well-being.	K47A2a. Identify the obstacles that may influence achievement of and making revisions to personal goals and strategies.	K48A2a. Develop self-monitoring strategies and criteria in setting individual and/or group goals.
		K47A2b. Describe the mental skills necessary to enhance performance, readiness and satisfaction.	K48A2b. Analyze how factors affect one's planning and setting of goals.
		S47A1. Assess and revise personal health and academic goals to enhance health and well-being.	S48A1. Develop, implement, self-monitor and revise a plan using predetermined criteria for active healthy living to achieve a personal and/or group goal.
	Applies a decision-making/problem-solving process in making health-enhancing personal decisions.	S47A2. Develop criteria and a rating system for weighing the benefits of the alternatives for making physically active and healthy lifestyle choices in different case scenarios.	
			S48A2. Apply the decision-making/problem-solving process in making group decisions in different case scenarios.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
		K47A3. Explain the benefits of using the decision-making/problem-solving process for making responsible and health-enhancing personal decisions.	K48A3. Describe the social factors that affect the decision-making/ problem-solving process in group situations.
			K48C1a. Identify how self, peers, and the community contribute to the enhancement of personal health and well-being.
			S58A2. Use problem-solving strategies to address the barriers that may interfere with being active daily.
	Demonstrates the ability to access valid health information and health-promoting products and services available in the community.		K38B4. Demonstrate the ability to access valid health information and health-promoting products and services available in the community.
Safety of Self and Others 7-8.HE.2 Understanding of safety rules and procedures for addressing abusive situations.	Describes and establishes safety guidelines and strategies to protect self and others from sexually abusive and other potentially dangerous situations.	K37B1. Describe ways to respond to dangerous situations in the community.	K38B1. Evaluate the effectiveness of laws and policies that promote personal and community safety.
		K37B5a. Describe scenarios that illustrate examples of physically, verbally, and emotionally abusive behaviours in different relationships.	

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
		K37B5b. Develop strategies for avoiding situations that can potentially lead to conflict and violence.	
		K37B6a. Establish safety guidelines to protect self and others from sexually abusive situations.	
		K47B4. Describe appropriate use of avoidance/refusal strategies when dealing with potentially dangerous situations and/or stressful social situations.	
	Demonstrates an understanding of skills in dealing with case scenarios related to sexually abusive situations and ways to seek help.	K37B6b. Demonstrate an understanding of skills in dealing with case scenarios related to sexually abusive situations and ways to seek help.	
Mental-Emotional Development 7-8.HE.3 Demonstration of stress-management strategies for use in a variety of situations.	Identifies stages of grieving for understanding and supporting self and others.		K48C1a. Identify stages of grieving for understanding and supporting self and other.
	Examines the effects and consequences of stress and relaxation on the body.		K48C2. Explain how stress may have positive or negative consequences.
			K48C3. Examine the effects of stress and relaxation on body systems.
	Lists and demonstrates stress-management strategies in related case scenarios.		K48C4a. List healthy strategies and unhealthy strategies for dealing with stress and/or anxiety.
			S48A5. Apply stress-management strategies in case scenarios related to stressful situations.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
Personal Health Practices 7-8.HE.4 Understanding of healthy lifestyle practices and their impact on personal health.	Examines health habits, lifestyle practices and skills and their impact on personal health.		K58A1. Examine positive and negative health habits of daily living for self and/or others.
			K58A2. Examine lifestyle practices and their effects on body systems.
			K58B3. Determine the degree to which technology has had an impact on personal health.
			S58A1. Apply personal and social management skills in case scenarios related to personal health practices.
Nutrition 7-8.HE.5 Understanding of daily eating practices and needs in maintaining a healthy body and active lifestyle.	Evaluates information related to a healthy body image.		K58C1a. Evaluate information related to healthy body weight and body image.
	Explains influences on growth and development during adolescence.		K58C1b. Explain influences on growth and development during adolescence.
	Develops a personal nutrition plan for maintaining an active, healthy body.		K58C2. Apply "sport nutrition principles" to a variety of physical activities.
			S58A3a. Develop a personal plan that includes daily health practices to maintain a healthy body.
			S58A3b. Implement and evaluate a personal plan for healthy eating and activity.

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Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
Substance Use and Abuse Prevention 7-8.HE.6 Understanding of consequences and preventative strategies related to the use and abuse of substances.	Explains different consequences of taking harmful and beneficial drugs or other substances.	K57D1. Differentiate between the use and abuse of medicinal and non-medicinal substances.	
		K57D2. Explain different consequences, related to different variables of taking harmful and beneficial drugs or other substances.	
	Applies decision-making/problem-solving strategies related to influential factors and scenarios that focus on substance use and abuse.	K57D3. Identify the positive and negative social factors that may influence avoidance and/or use of substances.	
		S57A4. Apply decision-making/problem-solving strategies in case scenarios that focuses on substance use and abuse.	
Human Sexuality 7-8.HE.7 Understanding of human reproduction/sexuality and decision-making for responsible sexual behaviour.	Describes the human reproductive systems and process related to fertilization and fetal development.	K57E1a. Describe the human reproductive systems as they relate to fertilization and fetal development	
		K57E1b. Explain the human reproduction process and recognize myths related to fertilization.	
	Describe the physical and emotional changes associated with puberty and how they are regulated or can be coped with.	K57E1c Describe how the endocrine system regulates body changes associated with puberty.	
		K57E2a. Identify the emotional changes at puberty and their effect on personal well-being.	

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		K57E2b. Identify positive ways of coping with daily moods and emotions associated with puberty.	
	Identifies the effects of social influences on sexuality and gender expression.	K57E3b. Identify the effects of social influences on sexuality and gender roles.	
	Identifies the causes, symptoms, methods of transmission and methods of prevention of AIDS, HIV infection and common STIs.	K57E4a. Identify the causes, nature, methods of transmission and methods of prevention of AIDS and HIV infection.	
		K57E4b. Identify the common STIs, their symptoms and means of prevention.	
	Applies a decision-making/problem-solving process in case scenarios for making informed decisions regarding responsible sexual behaviours.	K57E3a. Recognize the importance of sexual abstinence as a responsible decision for the adolescent male and female.	
		K57E3c. Identify responsibilities and sources of support with regard to sex-related health issues.	
		S57A5. Apply a decision-making/problem-solving process in case scenarios for making informed decisions regarding responsible sexual behaviours.	

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PE/HE Learning Behaviours: Social Responsibility
 The student demonstrates citizenship and social skills that contribute to making the classroom, school, and larger community a positive, safe and caring environment.

Gr. 7-8 Broad Areas of Learning	Gr. 7-8 Achievement Objectives	Gr. 7 SLOs	Gr. 8 SLOs
		K47A1. Compare attitudes and behaviours that contribute to a sense of belonging.	K48A1. Examine the effects of stereotyping based on a variety of factors, and ways to promote acceptance of self and others.
		K47B1a. Identify socially acceptable behaviours for dealing with new situations and change.	K48B1a. Describe behaviours that show social responsibility and respect for diversity in different contexts.
		K47B1b. Describe conduct and ethical behaviours appropriate for engaging in physical activity and/or social events	K48B1b. Discuss personal participation and responsibilities in physical activities and/or social events for the promotion of inclusion and cultural diversity in communities.
		K47B2a. Identify the characteristics associated with different communication styles and leadership qualities.	K48B2a. Describe examples of assertive behaviours for resisting negative peer pressure.
		K47B2b. Identify areas within the school and community that offer opportunities to make new friends and belong to a group.	K48B2b. Identify roles and responsibilities in developing positive relationships.

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		S47A3. Demonstrate functional use of interpersonal skills for dealing with new activities, situations, and/or changes in class activities.	S48A3. Demonstrate functional use of interpersonal skills that promote fair play and teamwork such as to communicate effectively, cooperate/ collaborate, be respectful and be responsible.
		S47A4. Apply conflict-resolution strategies to different scenarios.	
		K47B3a. Identify anger-management skills as alternatives to aggression and violence.	
		K47B3b. Describe how conflict situations affect personal behaviour and development.	
		K47B3c. Review strategies, possible outcomes and behaviours for conflict resolution among friends and/or peers.	

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