

Grade 10 Physical Education Pilot

Course Code 0169

Course Credit 1.0*

ENGLISH Program

* Combined Physical and Health Education

Discipline Overview

The Kindergarten to Grade 12 Physical and Health Education (PHE) curriculum is designed on the foundations of physical and health literacy. It is designed to support learners along their physical and health literacy journey from Kindergarten to Grade 12, building unique ways of knowing, being and doing as they progress across the grades.

Physical Literacy is the competencies and associated confidence, motivation, knowledge, and understanding to value and participate in movement for life.

Health Literacy is the knowledge and competencies which enable one to value and promote the health and well-being of oneself, others, and the community.

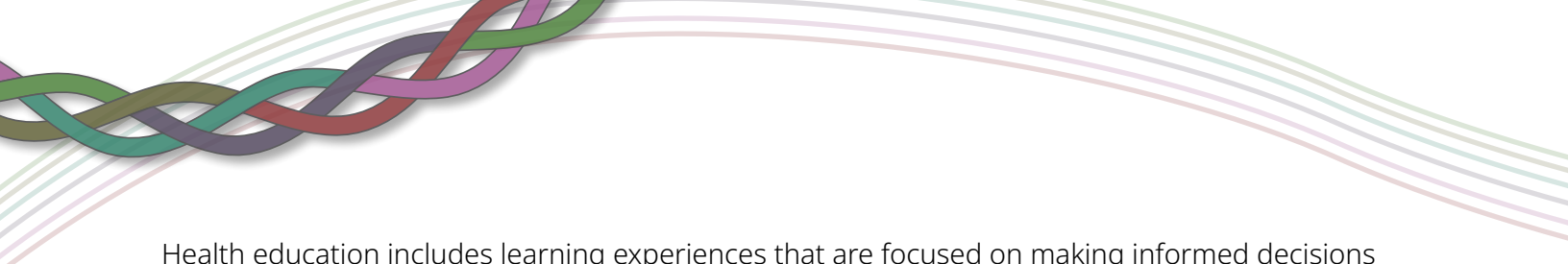
In Manitoba, the K to 12 PHE curriculum is organized around six enduring understandings:

- **Physical education:** Movement, Health-related Fitness, Active Participation
- **Health education:** Healthy Self, Healthy Relationships, Healthy Communities

Physical education includes learning experiences that provide learners the opportunity to develop their competence, confidence and motivation to be active now and in the future by discovering new movement activities, building foundational movement skills, and connecting with others and their community. By developing an understanding of the body and physical health, learners will be involved in movement, plan for activity and create goals that will guide them on their physical literacy journey.

Health education includes learning experiences to develop the following health skills:

- Build functional knowledge
- Analyze influences
- Access valid and reliable resources
- Use interpersonal communication
- Make health-promoting decisions
- Set health goals
- Practice health-promoting behaviours
- Advocate for self and others



Health education includes learning experiences that are focused on making informed decisions for oneself, with others and in consideration of others for a balanced life. The focus on wholistic health and well-being (physical, mental, emotional, spiritual) as well as the dimensions of health (cultural, environmental, intellectual, social, sexual, occupational, financial) will allow learners to thrive in an ever-changing world and make a positive impact in the community as they develop healthy relationships with themselves, one another and their environment.

Physical education and health education are presented as two separate, yet interconnected curriculums to support curriculum implementation in local contexts. While the disciplines can be delivered separately, the learning outcomes have been designed to encourage cross-curricular learning experiences. This promotes the development of essential skills and understandings within all the global competencies, specifically connection to self, citizenship, and critical thinking.

Course Overview

Grade 10 learners will participate in a variety of movement activities (including play and games, recreation, performing arts, activities of daily living, sport, and vocation) in different physical contexts (land, water, air, ice, and snow) and socio-cultural contexts as they further develop movement skills that can be transferred across activities. Learners will have increased autonomy, self-selecting numerous activities and appropriate ways to prepare for movement throughout the year. They will learn how to build a movement plan that reflects their understanding of safety, principles of training, anatomy, and the components of fitness to accomplish personally relevant movement/physical literacy-based goals. They will reflect on personal barriers to activity and seek out personally relevant role models. Learners will explore movement opportunities in the community, build on their Grade 9 outdoor and survival skills using technologies, and experience Indigenous teachings and storytelling through land-based learning.

Global Competencies in Physical Education



Critical Thinking

Critical thinking in physical education involves gathering information to make movement decisions that will create safe, respectful, and successful movement experiences for all, as well as reflecting on personal movement to continue the development of competence, confidence and motivation.

Learners

- examine how family, community, values and beliefs influence movement and physical activity, behaviours, relationships and/or decisions.
- evaluate movement and physical activity perspectives for bias, reliability, and relevance.
- analyze movement using criteria and evidence.
- reflect on movement feedback from multiple sources.
- ask questions, develop solutions, and make decisions about movement and safe, respectful participation.
- actively assess and manage the level of risk during movement activities.
- weigh various factors such as adequate safety, choice, enjoyment, self-expression, and appropriate level of challenge to determine if activities are appropriate for them.



Creativity

Creativity in physical education involves taking risks, trying new activities, finding new ways to move, and learning how to persevere when met with challenges.

Learners

- show a willingness to take risks as they develop competence and confidence in a variety of movement experiences.
- demonstrate curiosity by exploring new meaningful movement opportunities (through technology, with the Land, through self-expression, etc.).
- use tactical awareness to make adaptations in movement activities.
- negotiate decisions with teammates.
- create movement activities in a variety of unique and innovative ways to advance an idea, experience, or goal.
- make mistakes, adjust, and adapt to develop competence and confidence in a variety of movement experiences.
- reflect, persevere, and build resilience in response to challenges and obstacles, using feedback to increase success or enjoyment.



Citizenship

Citizenship in physical education involves participation, empathy, and ethical decision-making by learning about oneself and others, being open to diverse movement activities, and creating inclusive, respectful experiences for all.

Learners

- understand their own motivation, capabilities, and perspectives in movement experiences.
- recognize discrimination, principles of equity and human rights in movement experiences and contexts.
- explore the interconnectedness of self, others, and the natural world.
- seek out diverse cultural, traditional, and accessible movement experiences.
- empathize with others' motivations, capabilities, and comfort levels with various movement activities.
- interact with others who have different attitudes, approaches to movement, unique barriers, or diverse worldviews to create a responsible, respectful, and inclusive environment.
- make decisions that benefit community health and well-being.
- work with others to create equitable experiences that support diversity*, inclusion, and human rights.
- make ethical choices to promote a healthy community and sustainable outcomes for the natural world.



Connection to Self

Connection to self in physical education involves discovering and planning movement activities that reflect one's interests and identity and supports the development of, and reflection on, one's personal movement goals along their physical literacy journey.

Learners

- recognize personal interests, strengths, gifts, and challenges to choose movement activities that are personally motivating and enjoyable.
- choose physical activities that reflect their identity, culture, community, and respect the Land.
- understand and use strategies to support self-regulation and well-being while participating in movement activities.
- reflect on movement experiences, effort, and others' feedback to overcome movement challenges and to achieve greater enjoyment.

* culture, ethnicity, race, gender, ability, languages, values, beliefs, appearance, roles, interests, attractions, age, family structure, neurodiversity, social and economic status, geographic location, physical/mental health or conditions

- set movement goals that enhance well-being, encourage self-exploration, and recognize individual strengths, needs, and challenges.
- plan movement experiences that increase motivation, confidence, and competence.
- persevere when overcoming obstacles and challenges during movement experiences.
- adapt to different roles and new movement experiences.
- recognize and embrace their role in being active throughout life to support well-being and well-becoming.



Collaboration

Collaboration in physical education involves working together within diverse* groups to create positive physical spaces where everyone can participate and contribute toward group movement goals.

Learners

- interact positively and constructively with diverse* groups of people in a variety of physical environments.
- build skills by observing and engaging with others through movement.
- create a sense of belonging, trust, and inclusion in physical spaces with others through listening, understanding, empathy, and encouragement.
- communicate, compromise, adapt, share responsibility, solve conflicts, and support each other with mutual respect.
- co-construct rules, roles, and norms and adapt as appropriate.
- recognize the contributions of others and understand their role in pursuing group movement goals using the unique set of talents, knowledge, experiences, and skills found within the group.



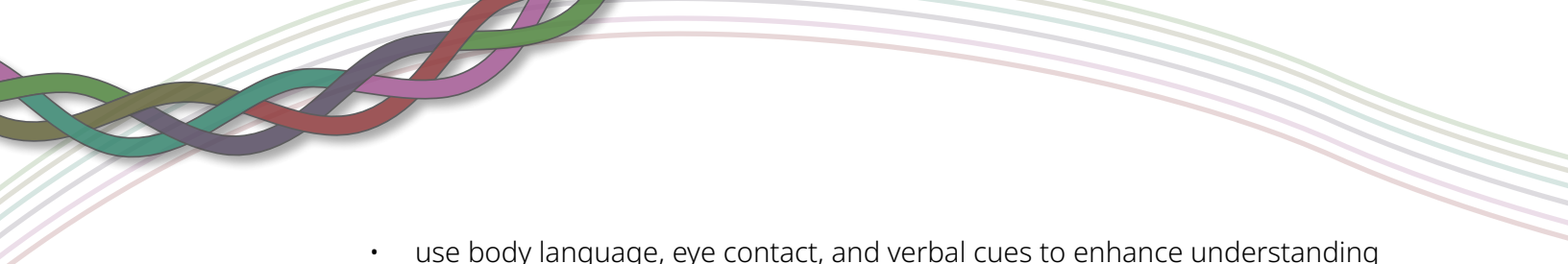
Communication

Communication in physical education involves interacting with others in a variety of ways (verbally, non-verbally) to share ideas and gain an understanding to build healthy relationships.

Learners

- use their body, eye contact, and verbal cues to express thoughts and feelings.
- thoughtfully consider audience, purpose, context, and methods to effectively share movement experiences and ideas.
- understand how words and actions shape others' perceptions of who they are.

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- use body language, eye contact, and verbal cues to enhance understanding when receiving messages.
 - listen empathetically and ask questions to clarify one's understanding during movement experiences.
 - recognize how movement in a variety of contexts can impact their perception and motivation to participate.
 - build relationships, deepen understanding and overcome challenges through meaningful interactions using inclusive, respectful language, and correct terminology.
 - value how healthy communication strengthens community movement experiences.

Enduring Understandings in Physical Education

Movement

Physical education builds learners' motivation, confidence and competence for lifelong movement through their participation in a variety of physical activities across diverse physical and social environments.

Health-related Fitness

Physical education provides the knowledge, understanding and skills for learners to identify achievable, health-enhancing fitness goals for a healthy and active life.

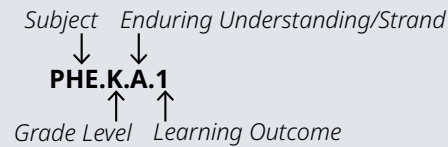
Active Participation

Physical education fosters the learners' discovery of meaningful, lifelong physical activity participation that is responsible and respectful in the community and with the environment.

Learning Outcomes

Legend: *including* = mandatory content
e.g., = suggestions for learning

Learning Outcome Key



Strand A: Movement

Foundational Movement Skills and Experiences

- PHE.10.A.1** **Apply combinations of foundational locomotor, manipulation and balance skills to improve personal competency in various movement activities** (including play and games, recreation, performing arts, activities of daily living, sport, vocation) **and physical environments** (e.g., land, water, air, ice, snow).
- PHE.10.A.2** **Experience diverse movement skills related to a variety of self-selected movement activities** (e.g., gymnastics, pickleball, archery, gardening, bowling, water polo, skateboarding, weightlifting, golf, yoga, wheeling, martial arts, etc.) **and physical environments.**
- PHE.10.A.3** **Participate in movement activities** (e.g., parasports [e.g., goal ball, boccia, sledge hockey, seated volleyball, wheelchair basketball, para cycling, para archery, etc.], low-organized games, etc.) **that are inclusive of all abilities.**
- PHE.10.A.4** **Collaborate in movement activities that are inclusive of Indigenous cultures and diverse socio-cultural contexts** (e.g., genders, abilities, ages, interests, cultures, etc.).
- PHE.10.A.5** **Experience self-expression, individually, in pairs and/or in groups, by using movement** (e.g., creative, social, folk, cultural, world, line, etc.) **which follows self-selected music or has background music in order to create a small performance or dance** (e.g., to share with others, etc.).

Movement Concepts and Tactical Awareness

- PHE.10.A.6** **Participate using elements of body, effort, space, and relationships with objects and people to increase competency** (e.g., change of direction, balance, speed, accuracy, etc.) **and prevent injury in a variety of individual, dual and group movement activities.**



PHE.10.A.7 **Transfer tactical awareness across a variety of movement activities** (e.g., game to game, game to sport, sport to sport) **and physical environments.**

Movement Preparation

PHE.10.A.8 **Develop movement preparation activities** (e.g., equipment, types of movements, etc.) **to create personally relevant routines to increase competence, build confidence, reduce the risk of injury and prepare the body for upcoming movement.**

Strand B: Health-related Fitness

Knowledge and Understandings

PHE.10.B.1 **Apply the principles of training** (e.g., FITT, progressive overload, diminishing return, specificity, stress/rest, maintenance, ceiling, etc.).

PHE.10.B.2 **Demonstrate personally relevant ways** (e.g., talk test, heart rate, target heart rate zones, rate of perceived exertion, wearable technology, etc.) **to determine and adjust intensity/exertion levels** (e.g., light, moderate, vigorous) **in a variety of activities using the components of fitness.**

PHE.10.B.3 **Create a personally relevant, short-term, in-class movement plan** (including components of fitness, intensity levels, principles of training, movement preparation, associated muscle groups).

PHE.10.B.4 **Demonstrate the safe performance of exercises** (e.g., using body weight, free weights, weight machines, exercise equipment, aerobic equipment; activities of daily living; movement preparation; etc.) **targeting specific muscle groups** (e.g., biceps, triceps, pectorals, abdominals, quadriceps, hamstrings, lats, calves, deltoids, glutes, etc.).

Fitness and Physical Activity

PHE.10.B.5 **Implement a self-developed, short-term, in-class movement plan that focuses on fun, enjoyment and realistic goal-attainment** (including reducing sedentary behaviours).

PHE.10.B.6 **Use personally relevant fitness challenges and personal preferences to set movement/physical literacy goals.**



Strand C: Active Participation

Motivation

- PHE.10.C.1** **Reflect on personal barriers** (e.g., time, cost, access, social factors, safety, etc.) **to physical activity and ways to overcome challenges to meet movement/physical literacy goals.**
- PHE.10.C.2** **Use personal strategies** (e.g., changing rules, level of difficulty, equipment choice, area of play, etc.) **to create appropriate levels of challenge and increase opportunities to develop resilience and enjoyment in a variety of movement activities.**

Respectful Participation

- PHE.10.C.3** **Engage in movement activities independently, safely and respectfully.**
- PHE.10.C.4** **Develop ethical decision-making skills and accountability for one's actions/choices in a variety of situations/movement activities** (e.g., conflict resolution, competition, teamwork, challenge, inclusion, playing injured/sick, gamespersonship, different roles [e.g., spectator, official, player], etc.).
- PHE.10.C.5** **Demonstrate an understanding of rules, etiquette, terminology and fair play principles.**
- PHE.10.C.6** **Engage in cooperative and collaborative planning and organization** (e.g., using inclusive language, modifying games, ensuring optimal challenge, etc.) **to create a sense of belonging for all** (e.g., identities, cultures, abilities, competencies, interests, etc.).
- PHE.10.C.7** **Practice using healthy conflict resolution strategies** (e.g., compromise, collaboration, take turns, etc.) **during movement activities.**

Movement Enriched Schools and Communities

- PHE.10.C.8** **Identify personally relevant movement role models** (e.g., various abilities, cultures, genders, attractions, ages, ethnicities, levels of recognition, etc.).
- PHE.10.C.9** **Develop outdoor and survival skills** (including using traditional and modern navigation) **in various natural environments.**
- PHE.10.C.10** **Experience Indigenous teachings and storytelling** (e.g., understanding the origin of the activity, inclusion of story prior to activity participation, understanding the significance of the Land in the community, etc.) **in land-based learning movement activities.**
- PHE.10.C.11** **Explore movement activities in the local community** (including available recreational activities [e.g., sports leagues, classes, events, groups, etc.]).



PHE.10.C.12 **Experience different roles during movement activities** (e.g., self-officiating, scorekeeping, officiating, spectating, leading, following, coaching, etc.).

Healthy Risk

PHE.10.C.13 **Explore resources and technologies** (e.g., cell phone/walkie-talkie, auto-injector, GPS device, AED, bailer, floatation device, first aid kit, work gloves, emergency car kit, knife, water purification tablets, rope, etc.) **that can be used in emergency situations during movement activities in the community.**

PHE.10.C.14 **Apply safety reasoning** (e.g., immediate, short-term, long-term, psychosocial, physical) **by actively assessing and managing the level of risk to self and others** (inadequate safety, adequate safety and surplus safety) **during movement activities** (including risky play, self-selected activities) **in water and on land.**

PHE.10.C.15 **Use a safety plan** (e.g., positive and negative risks for self, observers and the community; potential hazards; etc.) **for a self-selected activity.**

Curriculum Implementation Resources

Curriculum implementation resources will include supplementary documents to support implementation. Feedback during the pilot phase will guide the development of the Curriculum Implementation Resources section.