### Appendix A: Curriculum Map for Grade 11 and Grade 12

#### Active Healthy Lifestyles

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<tbody>
<tr>
<td>Description</td>
<td>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.</td>
<td>The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.</td>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.</td>
<td>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.</td>
<td>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.</td>
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<tr>
<td>Knowledge Strands (Acquiring Knowledge/Understanding)</td>
<td>A. Basic Movement</td>
<td>A. FITNESS COMPONENTS</td>
<td>A. PHYSICAL ACTIVITY RISK MANAGEMENT</td>
<td>A. PERSONAL DEVELOPMENT</td>
<td>A. Personal Health Practices</td>
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<tr>
<td></td>
<td>B. Movement Development</td>
<td>B. FITNESS BENEFITS</td>
<td>B. Safety of Self and Others</td>
<td>B. SOCIAL DEVELOPMENT</td>
<td>B. ACTIVE LIVING</td>
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<td></td>
<td>C. Activity-Specific Movement</td>
<td>C. FITNESS DEVELOPMENT</td>
<td></td>
<td>C. MENTAL-EMOTIONAL DEVELOPMENT (11 only)</td>
<td>C. NUTRITION (12 only)</td>
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<td></td>
<td>D. SUBSTANCE USE AND ABUSE PREVENTION (11 only)</td>
<td>D. SUBSTANCE USE AND ABUSE PREVENTION (12 only)</td>
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<td>E. HUMAN SEXUALITY (12 only)</td>
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<tr>
<td>Skill Strands (Acquiring and Applying Skills)</td>
<td>A. Acquisition of Movement Skills</td>
<td>A. ACQUISITION/APPLICATION OF FITNESS MANAGEMENT SKILLS TO PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE PRACTICES</td>
<td>A. ACQUISITION/APPLICATION OF SAFE PRACTICES TO PHYSICAL ACTIVITY and Healthy Lifestyle Practices</td>
<td>A. ACQUISITION OF PERSONAL AND SOCIAL MANAGEMENT SKILLS TO PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE PRACTICES</td>
<td>A. APPLICATION OF DECISION-MAKING/PROBLEM-SOLVING SKILLS TO PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE PRACTICES</td>
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<td>B. APPLICATION OF MOVEMENT SKILLS TO SPORT/GAMES</td>
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<td></td>
<td>C. APPLICATION OF MOVEMENT SKILLS TO ALTERNATIVE PURSUITS</td>
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<td></td>
<td>D. APPLICATION OF MOVEMENT SKILLS TO RHYTHMIC/GYMNASTIC ACTIVITIES</td>
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</tbody>
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**Key:** The strands that appear in CAPS are addressed in both grades or only in one grade (as specified).