



Grade 11 Physical Education/Health Education

Grade 11 Active Healthy Lifestyles: Manitoba Physical Education/Health Education Curriculum Framework of Outcomes and A Foundation for Implementation 2008

Student Learning Outcomes and Attitude Outcomes Related to Sustainable Development

Attitude Indicators

1.6 Appreciate and respect the natural environment while participating in physical activity.

Physical Activity Practicum Component

Module A: Physical Activity Practicum, (PA)

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.

Includes: level of instruction, level of supervision, facilities/environment, equipment, clothing/footwear, and personal and other considerations

Core Component

Module B: Fitness Management (FM)

11.FM.2 Examine factors that have an impact on the development and implementation of and adherence to a personal physical activity plan.

Examples: 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.

Examples: intrinsic and extrinsic motivation, personal interests, personal health, family history, environment, finances, culture, level of risk

Module D: Social Impact of Sport (SI)

11.SI.1 Identify the different stages of sport participation and their role in society.

Module E: Substance and Abuse Prevention (SU)

11.SU.3 Examine factors that influence decisions regarding substance use and abuse.