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| **Physical education 10 Competency Power Standards** |
| **BIG IDEAS*** **Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.**
* **Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.**
* **Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.**
* **Personal fitness can be maintained and improved through regular participation in physical activities**
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| **PHYSICAL LITERACY*** Refine and apply movement skills, concepts and strategies in a variety of physical activities and environments
* Apply methods of monitoring and adjusting exertion levels in physical activity
* Demonstrate safety, fair play, and leadership in physical activities
* Participate positively in different types of physical activity
* Identify and explain motivational factors influencing participation in physical activities
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| **HEALTHY AND ACTIVE LIVING*** Participate in physical activities designed to enhance and maintain health components of fitness
* Plan ways to overcome potential barriers to participation in physical activities
* Identify and apply strategies to pursue personal healthy-living goals
* Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies
* Analyze how health-related decisions support the achievement of personal healthy-living goals
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| **SOCIAL AND COMMUNITY HEALTH*** Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations
* Analyze strategies for responding to discrimination, stereotyping, and bullying
* Develop skills for maintaining healthy relationships and responding to interpersonal conflict
* Analyze the potential effects of social influences on health
* Analyse short- and long-term consequences of health decisions, including those involving physical activity, healthy eating, sleep routines, and technology
* Learn about healthy sexual decision making
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| **MENTAL WELL-BEING*** Recognize signs and symptoms of stress, anxiety, and depression
* Recognize influences of physical, emotional, and social changes on identities and relationships
* Evaluate and explain strategies for promoting mental well-being
* Explore factors contributing to substance use
* Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence
* Explore and describe factors that shape personal identities, including social and cultural factors
* Describe the relationships between physical activities, mental well-being, and overall health
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