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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** |
| **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 |
| **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 |
| **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 |
| **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 |