

Physical Education and Wellness

Curriculum Overview

Resources Available and Review

Paul Marlett

In conjunction
with ARPDC

Resources **for** Support

Lifeboats

Learn Alberta: Summaries / Video

Everactive:

<https://shop.everactive.org/collections/k-3>

ARPDC - Financial

HPEC

PHE_Canada

Local Board Resources - CBE

Other

Resources **for** Support

New Curriculum Docs and Key Videos

Overall Structure (20 min) Curriculum Implementation Hub	https://curriculum.learnalberta.ca/cdn/ciihub/videos/PE%20&%20W%20Implementation%20support/PE%20&%20W%20Implementation%20support.html
What's new in new curriculum doc	https://www.alberta.ca/curriculum-physical-education
Subject Overview PDF (great for parent)	https://curriculum.learnalberta.ca/cdn/ciihub/docs/Physical%20Education%20and%20Wellness%20Subject%20Overview_Final.pdf
Changes, comparion, snap shots	https://www.alberta.ca/curriculum-physical-education.aspx
Competencies Progression for Cross Curricular	https://curriculum.learnalberta.ca/curriculum/en/f/comk

Resources **for** Support

Guiding Framework Detail

The Guiding Framework	Under Curric 101 - link to The Guiding Framework https://curriculum.learnalberta.ca/ciihub/en/home
pg 7 point 14	have the following structure for all subjects: • organizing idea (overall subject-specific theme that may span multiple grades) • guiding question (a question that leads to the learning outcome) • learning outcome (what students must know, understand, and do by the end of grade) • knowledge (what students know) • understanding (how facts and knowledge fit together in a logical and meaningful order) • skills and procedures (what students learn to do to demonstrate their knowledge and understanding)
Pg 11	PE Goals of new Curriculum.
HPEC Activity Bank	https://education.alberta.ca/media/3402228/physicaleducationonline/outcomes/index-2.html
PHE Canada - Activity Bank	https://phecanada.ca/programs/phe-learning-centre
HPEC	https://www.hpec.ab.ca/

Resources **for** Support

Other Key Resources

Student Learning Hub Walking together	Indigenous and First Nations https://www.learnalberta.ca/content/aswt/
PHE Canada Mvmt Skills Document	https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/Movement%20Cues/Movement%20Skills%20Cues%201.pdf
FMS (special olympics Australia)	https://schools.specialolympics.com.au/wp-content/uploads/2021/02/Movement-Games_Fundamental-Movement-Skills_Program-Planner-Cards.pdf
immature and mature motor patterns	https://quizlet.com/305060744/fundamental-motor-skills-flash-cards/?i=2kvjmw&x=ljqt
Stages of motor development - coaching certification course	https://mysnowcoach.com/blogs/resources/taking-motor-development-in-stages#:~:text=Their%20theory%20highlighted%20a%20three.stage%2C%20and%20the%20autonomous%20stage.
You Thrive Australia: Developmental milestones	https://www.youthrive.com.au/

Curriculum Overview

Vocabulary

Active Living: development of movement skills and concepts and appreciation for active living that is integrated into daily life.
Physical Literacy: develop motivation, confidence, and knowledge to value and take responsibility for participating in a wide range of physical activity across lifespan.
Meaningful learning opportunities to develop social skill anas they interact respectfully within indoor, outdoor and alt. environments.
Phys Ed. enables students to experience the JOY OF MOVEMENT through engagement in each of the following Dimensions.
TGFU:

1 Active Living:	development of movement skills and concepts and appreciation for active living that is integrated into daily life.
2 Movement Skill Development	(Physical Literacy): Developing physical literacy through movement and active living supports well-being across a lifespan.
3 Character Development	Exploration of the life opportunities and virtues develop resilience and personal talents and promotes lifelong learning
4 Safety	A lifetime of optimal well-being is supported by prioritizing safety and health
5 Healthy Eating	A lifetime of optimal well-being and physical wellness is supported by prioritizing nutrition and healthy eating
6 Healthy Relationships	Personal well being is supported through positive relationships built on communication, collaboration, empathy and respect
7 Growth and Development	Decision making that optimizes personal health and well-being is informed by understanding growth and development
7 Financial Literacy	Informed financial decision making contributes to the well-being of individuals, groups and communities

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Year Planning Options

From Here to There

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Dialing in on expectations

Two Parts of the Session

- 1) Different Ways to Plan a year
- 2) What is Teaching Games for Understanding

As always, Q and A...



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