

## B: Movement Skills

<b>GRADE 7</b>	<b>OI</b>	<b>Developing and applying creative-thinking and decision-making skills through mvmt is a feature of becoming a physically literate Indiv.</b>	
	<b>GQ</b>	How can regular practice support the execution of mvmt patterns/skills?	
	<b>LO</b>	<b>Students relate practice and feedback to improvement of mvmt patterns/skills in various</b>	
	<b>U</b>	Improv mvmt patterns/skills through practice, feedback integration, and application of mvmt elements/concepts/principles can improve perf in PA.	
	<b>Movement Skills</b>	<b>Knowledge</b>	<b>Skills and Procedures</b>
	<b>7B1</b>	- Mvmt patterns/skills transferred across PA; e.g., throwing/fielding actions in baseball and cricket or balancing on a beam/balancing on ice.	Practise mvmt patterns/skills in variety of PA.
	<b>7B2</b>	- Practising mvmt patterns/skills and integrating feedback in various PA can improve selection and execution of mvmt patterns/skills; proficiency/fluency of mvmt; and increase mvmt vocabulary.	Examine feedback related to mvmt patterns/skills.
	<b>7B3</b>	- Error correction facilitated through peer/coach/teacher observations and recognized internally by individ through practice/refinement (and reflection).	ID errors in technique and modifications to improve perf.
<b>GRADE 8</b>	<b>OI</b>	<b>Developing and applying creative-thinking and decision-making skills through mvmt is a feature of becoming a physically literate Indiv.</b>	
	<b>GQ</b>	How can feedback facilitate the devel of mvmt patterns/skills?	
	<b>LO</b>	<b>Students refine mvmt patterns/skills in a variety of PA.</b>	
	<b>U</b>	Indiv mastery of mvmt patterns/skills can change through experiencing various PA and contexts.	
	<b>Movement Skills</b>	<b>Knowledge</b>	<b>Skills and Procedures</b>
	<b>8B1</b>	- Object locomotor skills facilitate locomotion while the human body manipulates a secondary source of mvmt. - Object locomotor skills are used in activities such as: cycling, paddleboarding, using a wheelchair.	Practise mvmt patterns/skills in various PA contexts.
	<b>8B2</b>	- Refinement of mvmt patterns/skills contributes to the pursuit of mastery and the ability to transition from one skill to another in various PA contexts. - Refinement of mvmt patterns/skills can be enhanced through intrinsic and extrinsic feedback methods.	Relate the pursuit of mastery to refinement of mvmt patterns/skills.
	<b>8B3</b>	- Feedback methods in PA contexts can incorporate technology, such as video and wearable software applications.	Apply feedback methods to improve mvmt patterns/skills.
<b>GRADE 9</b>	<b>OI</b>	<b>Developing and applying creative-thinking and decision-making skills through mvmt is a feature of becoming a physically literate Indiv.</b>	
	<b>GQ</b>	How can the devel of specialized mvmt patterns or skills support innovation and creativity?	
	<b>LO</b>	<b>Students explore specialized mvmt patterns/skills within games and PA.</b>	
	<b>U</b>	Specialized mvmt patterns/skills can support innovation, creativity, and perf in games and PA.	
	<b>Movement Skills</b>	<b>Knowledge</b>	<b>Skills and Procedures</b>
	<b>9B1</b>	- Specialized mvmt patterns/skills are unique to aspecific sport or PA and can be task-specific, such as: forehand serve in tennis, overarm serve in volleyball, or delivery of the stone in curling. - Practising/refining specialized mvmt patterns/skills can contribute to enhanced perf, or it can produce new mvmt patterns or skills.	Practise specialized mvmt patterns/skills in a variety of games/PA.
	<b>9B2</b>	- Improvisation is the ability to think creatively in the moment when responding to various situations or challenges.	Explore innovative techniques and improvisation through mvmt patterns/skills.
	<b>9B3</b>	- Mvmt pattern and skill devel can be supported through various practice methods, INCLuding: whole, whole-part-whole, part, progressive part (+ DEERE)	Discuss how feedback and self-assessment can enhance the acquisition and refinement of specialized mvmt patterns/skills.
<b>GRADE 9</b>	<b>9B4</b>	- Feedback/self-assessment can be effective ways to highlight strengths, address areas for growth, and encourage positive actions, attitudes, and behav when they are: given close to the action (timely), related to the mvmt pattern/skill (specific), free from Pers bias/influence (objective), phrased positively and containing a solution (constructive)	Practise giving and receiving feedback in a variety of games/PA.
	<b>9B5</b>	- Rhythmic activities can be set to music or other stimuli, such as poetry, and can tell a story or express emotions and feelings. - Combining mvmt patterns creates a sequence of mvmts that can be used in rhythmic or PA.	Create a mvmt sequence to music or other stimuli as an Indiv or as part of a group.