

7 to 9 Physical Education and Wellness

APLC Summer Symposium 2026

Re-Defining the Role of the Physical Educator

Session Description - Architecture and Comparison

This interactive working session is for Jr. High PE specialists and will unpack the architecture and intent of Alberta's new Grades 7–9 Physical Education and Wellness curriculum, including how KUSPs are organized and how it compares to the previous ABCD model. Together, we will explore practical ways to map a year plan, add clearer wellness intentions to what you already do, and use manageable assessment approaches as you shift from a “PE teacher” identity toward a broader whole-person wellness educator.

Sessions Description - Quick Start-Up

Resources, Assessment Considerations, Year Planning, and Integrating Wellness Outcomes into the Gym

Designed to give Grades 7–9 teachers a practical “quick start” for implementing the Phys Ed and Wellness curriculum. We will explore key resources, consider effective and manageable approaches to assessment, and look at how to map out a year plan that makes sense in a junior high context. Time will be given to ways to integrate wellness outcomes authentically into physical education settings—without it feeling like an add-on. Expect concrete examples, ready-to-use ideas, and time to think and ask questions about how to work with the new KUSPs. Whether you're starting from scratch or looking to streamline your approach, you'll leave with a clear plan and strategies you can use right away.



Resource Links

Architecture and Curriculum Comparison

Title	Link (aplc / drive)
Slide Deck	7to9 PEW Architecture and Comparison Session
OI KUSP Summary Doc	7to9 Pilot OI PE_W Summary 11x17 Print PDF.pdf
Architecture Summaries	7to9 PEW Architecture Overview Aug26.pdf
Vocabulary Matrix	7to9 PEW Verb Matrix.pdf 7to9 PEW Verb Matrix Condensed.pdf
Core Concepts / Look Fors	7to9 PEW Core Concepts and Look Fors AUG26.pdf
Curriculum Comparison	7to9 PEW Curric Changes by Area AUG26.pdf 7to9 PEW Curriculum Comparison Chart Aug26.pdf
By the numbers	7to9 PEW Outcome Number Comparison.pdf

Quick Start Up

Resources, Assessment, Year Planning, Wellness Integration

Title	Link (aplc / drive)
Slide Deck	7to9 PEW Quick Start Up .pdf
Integrating Wellness Into PE	7to9 PEW Integrating Wellness into PE.pdf 7to9 PEW Integrating Wellness Condensed .pdf
Assessment Audit	7to9 PEW Assessment Audit Guide.pdf 7to9 Assessment Audit Sample Post Audit Sample Plan.pdf
OI KUSP Summary Doc	7to9 Pilot OI PE_W Summary 11x17 Print PDF.pdf



SP Assessment Guide Clipboard	• 7to9 Pilot Assessment SP Summary Clipboard Print.pdf • Student Self Evaluation and Fitness Tracking Template.xlsx
SPAR Tactical Resource	• APCL SPAR Complete Teachers Guide Framework.pdf • APLC SPAR Swiss Army Knife Pedagogy Into.pdf • APLC SPAR One Page
OAR / BED Framework	• 7to9 PEW OAR BED Framework.pdf
TGFU Resource	• 7to9 PEW TGFU Overview.pdf
Outcome-Based Assessment for PE	• 7to9 PEW Outcome vs Skill Based Assessment.pdf • 7to9 PEW Outcome Based Assessment Condensed.pdf
MOVE Outcome-Based Assessment Framework	• 7to9 PEW MOVE Outcome Assessment Framework.pdf
Journaling and Dialogue Prompts	• 7to9 PEW Journaling and Dialogue Prompts Aug26.pdf
Core Concepts and Look Fors	• 7to9 PEW Core Concepts and Look Fors AUG26.pdf
Tiered Continuum Pedagogy	• 7to9 PEW Tiered Continuum of Supports.pdf
Year Planning Guide	• 7to9 PEW Year Planning Guide AUG26.pdf • 7to9 Year Planning Examples excel to copy.xlsx
Black Gold Sample	• PEW Black Gold Sample 7-9 Year Plans
Safety Guidelines	• APLC Safety Guidelines and Professional Practice.pdf
CARES Inclusive Ed Framework	• APLC CARES Inclusive Phys Ed Framework.pdf • The STEP framework.pdf

