



# Highland Park Junior High

## PHYSICAL EDUCATION MR. JERRETT

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Physical Education programming is participatory based and provides the opportunity for learners to practice and grow their skill competence, confidence, and ability to work with others. Physical Education will also focus on the importance of mental health and wellness through daily wellness activities. These experiences, both physical and mental will provide learners with opportunities to understand the connectedness between: health-related physical and mental fitness, movement skills, decision-making, relationships, athletics citizenship, and expression of self. This curriculum recognizes the need to address current physical inactivity trends and mental health concerns across the province and to prepare learners to live a balanced, healthy lifestyle.

Mrs. C. Christianson  
PRINCIPAL

Mr. L. Matheson  
VICE-PRINCIPAL

Mr. E. Lang  
GUIDANCE

Mrs. S. McIntyre  
SECRETARY

### 7 & 8 Outcomes:

- Learners will implement Athletics Citizenship during participation in rhythmic movement, educational gymnastics, outdoor experiences, sports, games, and activities.
- Learners will demonstrate active participation in rhythmic movement, educational gymnastics, outdoor experiences, sports, games, and activities.
- Learners will implement safety and risk management practices in multiple physical education environments.
- Learners will implement skill development in rhythmic movement, educational gymnastics, outdoor experiences, sports, games, and activities.
- Learners will implement effective strategies in rhythmic movement, educational gymnastics, outdoor experiences, sports, games, and activities.
- Learners will evaluate health related physical fitness Guiding Questions necessary to be active for life.
- Learners will investigate the physical and recreational activities of various cultures and communities found in Nova Scotia that enhance cultural awareness.

### 9 Outcomes:

- Active for Life
  - Physical and Mental health and wellness
- Skill and Movement Concepts
  - Skill and Strategic competencies
- Life Skills
  - Athletic Citizenship and Cooperation

### Assessment:

Students will be assessed based on their willingness to participate, ability to work with others using positive athletic citizenship, and their understanding of the importance of safety. Assessment will consist of day-to-day ongoing monitoring throughout the entire year including some formal and informal assessment techniques and will reflect on all outcomes covered.

## Curricula Renewal Grade 7 & 8

Over the past two school years, teams of teachers have worked at the Nova Scotia Department of Education and Early Childhood Development to renew curricula for grades 7 and 8 using a *universal design for learning* approach to support student-centred learning.

Highland Park is entering year 2 of piloting the new, draft curricula for the 2019/2020 school year.

### ***Universal Design for Learning:***

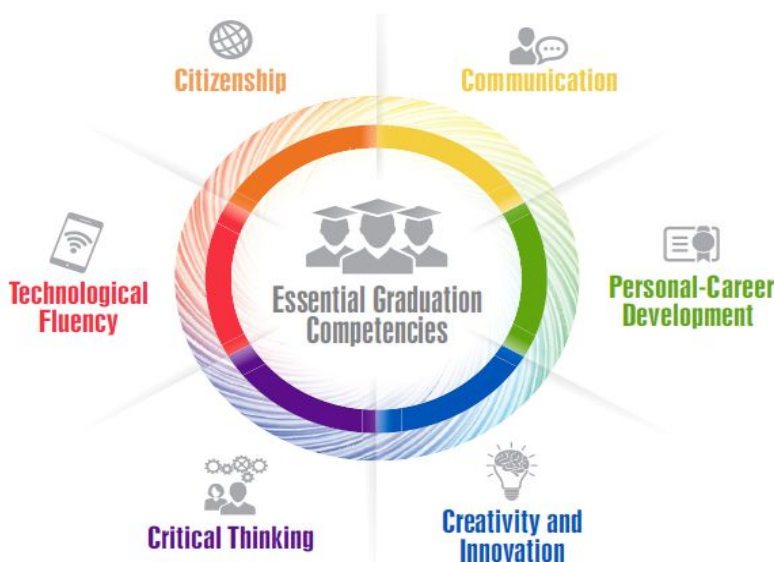
*Universal design for learning encompasses curricula design, learning resources, instruction, and assessment practices that guide the development of a flexible learning environment focused on accommodating and supporting individual learning needs.*

***Inquiry Based Learning:*** *Learners are engaged in the learning process and they make decisions and take ownership and responsibility for their learning and discovery. Inquiry can be a guided or an open process, allowing learners to identify questions for investigation and independently or collaboratively design a plan to discover meaning.*

### ***Cross-curricular/ project-based learning:***

*An instructional method in which learners perform an active and dynamic exploration of authentic real-world problems and challenges.*

A **competency** is an interrelated set of attitudes, skills and knowledge that is drawn upon and applied to a particular context for successful learning and living.



**Competencies** are developed over time through outcomes and a supportive learning environment.