

High School P.E
Teacher: Sergio Barbosa
Plan for Learning

Date: April 6 – March 1		
		Core competencies The students will be focusing on developing the highlighted skills throughout all areas of learning this week
Physical Education		Communicating ○ Listening and responding ○ Speaking purposefully ○ Reading and responding ○ Writing ○ Non-verbal cues Collaborating ○ Cooperating, working collectively, sharing ideas and resources ○ Encouraging, including and supporting others ○ Group decision making
<p>Description: The main goal for this P.E unit is to give students the opportunity to take part in fun physical activities while at home. We want our students to be healthy both physically and mentally.</p> <p>High School P.E students have chosen a specific skill which they would like to improve. These skills range from hand-eye coordination and dexterity, to working on balancing and core skills. All students are expected to practise their particular skill once a day for at least 20 minutes. They should record their progress and their practice time every day. At the end of the unit all students will submit a video showing their progress.</p>		Personal awareness and responsibility (Self-Management) ○ Time management ○ Organisation ○ Setting goals for learning ○ Self-Advocating, seeking help when in need ○ Accepting responsibility ○ Self-regulation ○ Making informed choices ○ Well-being, staying healthy and active
Understand		
<p>Big Ideas:</p> <ul style="list-style-type: none"> Physical literacy and fitness contribute to our success in and enjoyment of physical activity Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals Healthy choices influence our physical, emotional, and mental well-being. Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives 	<p>Essential Questions:</p> <p>Why is it important to try out various types of physical activity?</p> <p>How does fitness keep our minds and body healthy?</p> <p>What can we do to stay in shape at home during quarantine?</p>	Positive personal and cultural identity ○ Understanding relationships and cultural contexts ○ Recognising personal values and choices ○ Identifying personal strengths and abilities
Do		
<p>Curricular Competencies:</p> <ul style="list-style-type: none"> Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments Participate daily in physical activity designed to enhance and maintain health components of 	<p>Class discussions and brainstorming will help students determine the physical activities that would help them to develop and hone the skills that they have chosen to work on and practice at home</p> <p>Daily practice record This will assist in keeping students on</p>	Thinking Skills Creative thinking ○ Generating ideas and building on ideas of others ○ Creating and innovating ○ Evaluating and developing Critical and reflective thinking ○ Analysing and critiquing ○ Questioning and investigating ○ Reflecting and assessing

<p>fitness</p> <ul style="list-style-type: none"> Identify and apply strategies to pursue personal healthy-living goals 	<p>track with their daily physical fitness component, as they reflect on the development of their skills.</p>	
Know		
<p>Curricular Content:</p> <ul style="list-style-type: none"> how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games movement concepts and strategies 	<p>Project end video will show their movement, coordination, and mastery of their chosen skill</p> <p>Research of activities will help students find new activities which will help to enhance their motor and fine motor skills.</p>	
<p>Required Resources and Materials:</p> <p>Dependent on student's interest. All students have chosen their specific activity which might require specific materials or sport equipment.</p>		