

***Physical Education 7-9 – Lacombe Junior High School***  
**General Outcomes – Student Friendly Language**

**Grades 7-9**

**General Outcome A: Students will acquire skills through a variety of movement activities. (Seven dimensions of physical activity: Dance, gymnastics, fitness, aerobic games, outdoor activities, individual activities, aquatics)**

**Rocks:**

**I can :**

- express myself in movement and stationary activities to improve my personal performance.
- perform movement and stationary skills by using different body parts in various spaces with others to improve performance.
- throw and catch objects at different heights and speeds for specific activities.
- perform basic skills in a variety of games.
- perform a variety of individual activity skills.
- use the skills in all activities and make the necessary changes as needed.  
(Gr. 9)

**Sand:**

**I can :**

- use basic skills in various spaces with efforts with groups, with or without equipment.
- use skills in a variety of environments with various equipment.
- plan and perform basic dance movements in order and in patterns.
- improve my basic gymnastic skills and create movement in a routine individually-partner-groups.
- make aerobic/fitness/gymnastic plans and make the necessary changes.  
(Gr. 9)

**Grades 7-9**

**General Outcome B: Students will understand and experience the health benefits of physical activity.**

**Rocks:**

**I can :**

- understand all the aspects/parts that make up fitness.
- state the fitness parts of training and make a personal fitness plan. (Gr. 8)

**Sand:**

**I can :**

- understand how eating habits determine my ability to perform.
- know how to perform and record personal fitness results.

- identify how different body types can participate positively in physical activity.
- understand performance improving drugs have harmful effects on physical activity.
- understand the benefits of exercise on the body before, during and after exercise.
- understand that personal fitness improves physical activity.

**Water:**

**I can :**

- understand that physical activity helps reduce stress and improves relaxation.
- understand how I can be influenced by the media, based on one's personal body type. (Gr. 8)

**Grades 7-9**

**General Outcome C: Students will interact positively with others**

**Rock:**

**I can :**

- talk to others with respect in all activities.
- participate fairly.
- lead and follow in a positive, responsible manner.
- list examples of positive behaviours showing respect to others.
- determine positive behaviours that contribute to teamwork. (Gr. 9)

**Sand:**

**I can :**

- identify role models that promote active living.

**Grades 7-9**

**General Outcome D: Students will assume responsibility to lead an active way of life.**

**Rock:**

**I can :**

- be active and know the benefits of an active life.
- list and explain the safety expectations in a variety of physical activities.

**Sand:**

**I can :**

- explain the importance of safe warm ups and cool downs.
- suggest safe activities to benefit healthy lifestyles.
- identify personal goals in different activities.
- identify reasons why people choose not to do daily physical activity and give suggestions how to keep participating.
- Make a personal fitness plan and make changes according to my abilities. (Gr.8)

- plan and perform a warm up and cool down. (Gr. 8)
- use equipment safely to promote a active healthy lifestyle. (Gr. 8)

**Water:**

**I can :**

- find different ways to encourage others to participate positively.
- set goals and find challenging ways to achieve them.
- list local groups that promote active living.
- select community program that will keep me physically active and make changes according to my abilities. (Gr. 8)