

# Physical Education

Curriculum: ABCD's of Physical Education, Guide to Implementation K-12 (Alberta Learning, 2000)

The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

## **A – General Outcome A- Activity**

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment (i.e. aquatics and outdoor pursuits.)

- Basic Skills, Locomotor, Nonlocomotor, Manipulative
- Application of Basic Skills in an Alternative Environment

General outcomes B,C,D are interrelated and interdependent and are achieved through involvement in movement activities identified in General Outcome A.

## **B – General Outcome B- Benefits Health**

Students will understand, experience and appreciate the health benefits that result from physical activity.

- Functional Fitness
- Body Image
- Well-being

## **C – General Outcome C- Cooperation**

Students will interact positively with others.

- Communication
- Fair Play
- Leadership
- Teamwork

## **D – General Outcome D- Do it Daily. . .For Life**

Students will assume responsibility to lead an active way of life.

- Effort
- Safety
- Goal Setting/Personal Challenge
- Active Living in the Community
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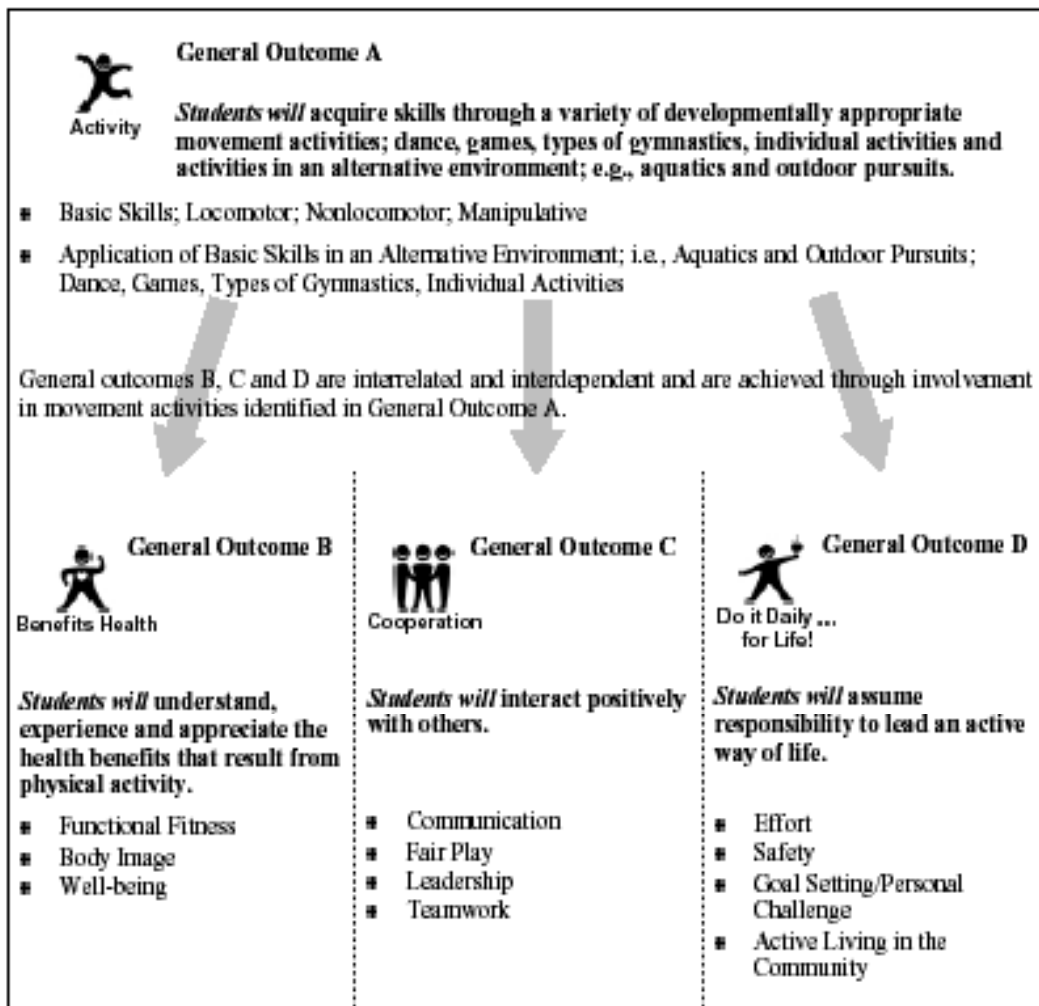
# Physical Education

[http://www.learning.gov.ab.ca/k\\_12/curriculum/bySubject/phised/](http://www.learning.gov.ab.ca/k_12/curriculum/bySubject/phised/)

The aim of the K–12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. Students participate in a variety of physical activities: dance, games, types of gymnastics, individual activities and activities in alternative environments. All learning outcomes are met through physical activity as a means of fostering a desire in students to participate in lifelong physical activity.

## GENERAL OUTCOMES

**The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.**



The four general outcomes upon which the Kindergarten to Grade 12 physical education program is based state that *students will*:



Activity

- acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits



Benefits Health

- understand, experience and appreciate the health benefits that result from physical activity



Cooperation

- interact positively with others



Do it Daily...  
for Life!

- assume responsibility to lead an active way of life

The general outcomes are interrelated and interdependent. Each is to be achieved through a variety of physical activities. Students must have the opportunity for participation in each of the following dimensions:

- dance
- games
- types of gymnastics
- individual activities
- activities in an alternative environment; e.g., aquatics and outdoor pursuits.

Each general outcome includes specific outcomes, by grade, and at the senior high school level by course name. Students are expected to demonstrate these outcomes, to the best of their ability, by the end of each grade/course.

Program planning requires consideration of student age, grade level, individual abilities and developmental readiness. Assessment, evaluation and communication of student achievement requires consideration of such factors as practice time, individual growth and development, and overall improvement.

#### **Exemptions from Physical Education**

Exemptions from participation in physical education may be given for medical conditions, when accompanied by a medical certification from a doctor to the principal; for religious beliefs, when accompanied by a statement in writing from the parent to the principal; and where access to facilities is prohibitive. When exemption is granted, activities consistent with the program outcomes should be substituted, where appropriate.

#### **Physical Education Online**

<http://www.learning.gov.ab.ca/physicaleducationonline>

The Physical Education Online Web site provides a wealth of information to support student learning of the K–12 physical education program of studies. The site is organized into three major sections:

- Program of Studies—The general outcomes and grade specific outcomes for K–12.
- Teacher Resources—Links to authorized resources, the Guide to Implementation, teaching tools, and activities and lessons that address the outcomes for the K–12 physical education program.
- Home Education—This portion is designed for parents and teachers to use with 7 to 10 students who may be enrolled in an online or home education physical education course.