



ROCKRIDGE SECONDARY SCHOOL

Subject Group Overview: Physical and Health Education

Physical & Health Education — Year 3							
Unit	Key Concept	Related Concept(s)	Global Context	Statement of Inquiry (BC Big Idea)	Summative(s)	Objectives	ATLs
Principles of Fitness	Change	Function Movement Refinement	Scientific and Technical Innovation	Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.	Individual Workout Plan	B: i, ii	Self-management: Organization
Lifelong Health	Connections	Environment Interaction	Identities and Relationships	Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.	Nutrition Journal Yearly Goal Setting	A: i, ii, iii C: i, ii, iii	Communication: Language Thinking: Transfer
Endzone Games; Football; Rugby,	Communication	Movement Interaction	Scientific and Technical Innovation	Healthy choices influence our physical, emotional, and mental well-being.	Create and Demonstrate a Play	B: i, ii C: i, ii, iii	Social: Collaboration Self-management: Affective Thinking: Transfer
Social Dance	Relationships	Interaction Movement	Personal and Cultural Expressions	Healthy relationships can help us lead rewarding and fulfilling lives.	Create and Perform a Dance	D: i, ii, iii	Social: Collaboration Self-management: Reflection
Immune System; Emergency Preparedness;	Relationships	Environment Choice Interaction	Identities and Relationships	Advocating for the health and well-being of others connects us to our community.	First Aid Scene Scenario	A: i, ii, iii D: i, ii, iii	Communication: Language Thinking: Transfer Social: Collaboration Self-management: Reflection
Physical & Health Education — Year 4							
Unit	Key Concept	Related Concept(s)	Global Context	Statement of Inquiry (BC Big Idea)	Summative(s)	Objectives	ATLs
Principles of Fitness	Change	Function Movement Refinement	Scientific and Technical Innovation	Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.	Workout Task Card Interview and Demonstration	A: i, ii, iii B: i, ii C: i, ii, iii	Communication: Language Thinking: Transfer Self-management: Organization, Affective Social: Collaboration

LIFELONG HEALTH	Relationships	Environment Interaction	Personal and Cultural Expression	Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.	Reflection and Goals Document and Self-Assessment	C: i, ii, iii D: i, ii, iii	Social: Collaboration Self-management: Affective, Reflection Thinking: Transfer
MENTAL HEALTH UNIT	Communication	Choice Balance	Identities and Relationships	Healthy choices influence our physical, emotional, and mental well-being.	Public Service Announcement	A: i , ii, iii B: ii	Communication: Language Thinking: Transfer Self-management: Organization
LET's PLAY	Relationships	Adaptation Environment	Identities and Relationships	Advocating for the health and well-being of others connects us to our community.	Peer-Teaching	B: i, ii D: i, ii, iii	Social: Collaboration Self-management: Reflection, Organization
PHYSICAL & HEALTH EDUCATION — YEAR 5							
UNIT	KEY CONCEPT	RELATED CONCEPT(S)	GLOBAL CONTEXT	STATEMENT OF INQUIRY (BC BIG IDEA)	SUMMATIVE(S)	OBJECTIVES	ATLs
PRINCIPLES of FITNESS	Change	Energy Function	Scientific and Technical Innovation	Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.	Workout Task Card Video	A: i, ii, iii B: i, ii C: i, ii, iii	Communication: Language Thinking: Transfer Self-management: Organization, Affective Social: Collaboration
Creating and Using Space through Invasive Games	Change	Space Systems	Orientation in Space and Time	Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.	Peer and Self-Assessment Observations in Play	B: i, ii C: i, ii, iii D: i, ii, iii	Social: Collaboration Self-management: Affective, Reflection, Organization Thinking: Transfer
LIFELONG HEALTH	Relationships	Choice Energy	Personal and Cultural Expression	Personal fitness can be maintained and improved through regular participation in physical activities.	Reflection and Goals Document and Self-Assessment	C: i, ii, iii D: i, ii, iii	Social: Collaboration Self-management: Affective, Reflection Thinking: Transfer
SUBSTANCE USE	Relationships	Balance Environment	Identities and Relationships	Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.	Public Service Announcement	A: i, ii, iii B: ii	Communication: Language Thinking: Transfer Self-management: Organization

