

KAYAKING

Grade 5	<p>Physical and Health Education Locomotion/Traveling Skills: perform a combination of locomotion/traveling movements, incorporating a variety of speeds, in relationship to objects or others</p> <p>Manipulation Skills: catch, while moving, objects of various sizes and shapes (e.g., balls, Frisbees) using one or two hands Stability Skills: perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed</p> <p>Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity</p>
Grade 6	<p>Physical and Health Education Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment</p> <p>Physical Fitness: improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p> <p>Social Studies Heritage and Citizenship: identify the Viking, French, and English explorers who first came to and explored Canada, and explain the reasons for their journeys. Describe the attitude toward the environment of various first nations groups and show how it affected their practices in daily life. (eg. Food, shelter, transportation)</p>
Grade 7	<p>Physical and Health Education Manipulation Skills: intercept objects (e.g., balls, Frisbees) while moving in various directions and at different speeds;</p> <p>Physical Fitness: improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p> <p>Social Studies Heritage and Citizenship: identify the Viking, French, and English explorers who first came to and explored Canada, and explain the reasons for their journeys</p>
Grade 8	<p>Physical and Health Education Locomotion/Traveling Skills: apply locomotion/traveling, manipulation, and stability skills in combination and in sequence in specific physical activities</p>

	<p>Stability Skills: balance in control while moving on and off equipment</p> <p>Physical Fitness: improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p> <p>Social Studies Heritage and Citizenship: identify the Viking, French, and English explorers who first came to and explored Canada, and explain the reasons for their journeys</p>
Grade 9	<p>Physical Health and Education Movement Skills and Principles: use and combine movement skills in a variety of physical activities</p> <p>Sport and Recreation: explain appropriate strategies or tactics that enhance performance in specific situations and conditions</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 10	<p>Physical Health and Education Movement Skills and Principles: demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills</p> <p>Sport and Recreation: explain appropriate strategies or tactics that enhance performance in specific situations and conditions</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 11	<p>Physical Health and Education Movement Skills: demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 12	<p>Physical Health and Education Movement Skills: develop and combine their movement skills in a variety of physical activities</p>

	<p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>
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