

## LOW ROPES

Grade 5	<p><b>Physical and Health Education</b> Healthy Living: identify factors (e.g., trust, honesty, caring) that enhance healthy relationships with friends, family, and peers;</p> <p>Living Skills: incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness</p> <p><b>Language Studies</b> Oral and Visual Communication: Non-verbal Communication Skills: use tone of voice, gestures, and other nonverbal cues to help clarify meaning when describing events, telling stories, reading aloud, making presentations, stating opinions, etc.;</p> <p>Group Skills: contribute ideas to help solve problems, and listen and respond constructively to the ideas of others when working in a group; discuss with peers and the teacher strategies for communicating effectively with others in a variety of situations</p>
Grade 6	<p><b>Physical and Health Education</b> Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment; demonstrate goal-tending skills with or without a piece of equipment</p> <p><b>Language Studies</b> Oral and Visual Communication, Group Skills: use constructive strategies in small-group discussions; follow-up on others' ideas, and recognize the validity of different points of view in group discussions or problem-solving activities</p>
Grade 7	<p><b>Physical and Health Education</b> Stability Skills: balance while moving from one static position to another on the floor and on equipment</p> <p><b>Language Studies</b> Oral and Visual Communication, Non-verbal Communication Skills: identify some of the ways in which nonverbal communication techniques can affect audiences, and use these techniques in their own speech to arouse and maintain interest, and convince and persuade their listeners</p> <p>Group Skills: listen and respond constructively to alternative ideas or viewpoints; express ideas and opinions confidently but without trying to dominate discussion; analyze factors that contribute to the success, or lack of success, of a discussion</p>

Grade 8	<p><b>Physical and Health Education</b></p> <p>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>Living Skills: apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p>
Grade 9	<p><b>Physical Health and Education</b></p> <p>Social Skills: contribute to the success of the group verbally and non-verbally, explain the benefits and disadvantages of working with others, give and receive assistance, use appropriately a variety of methods for reaching group agreement</p> <p><b>English</b></p> <p>Language: Developing Listening and Speaking Skills: communicate in group discussions by sharing the duties of the group, speaking in turn, listening actively, taking notes, paraphrasing key points made by others, exchanging and challenging ideas and information, asking appropriate questions, reconsidering their own ideas and opinions, managing conflict, and respecting the information, asking appropriate questions, reconsidering their own ideas and opinions, managing conflict, and respecting the opinions of others</p>
Grade 10	<p><b>Physical Health and Education</b></p> <p>Social Skills: contribute to the success of the group verbally and non-verbally, explain the benefits and disadvantages of working with others, give and receive assistance, use appropriately a variety of methods for reaching group agreement</p> <p><b>English</b></p> <p>Language: Developing Listening and Speaking Skills: communicate in group discussions by assigning tasks fairly and equitably; contributing ideas, supporting interpretations and viewpoints; extending and questioning the ideas of others</p>
Grade 11	<p><b>Physical Health and Education</b></p> <p>Active Participation: demonstrate positive, responsible personal and social behavior in physical activity settings</p> <p>Decision Making: apply strategies to establish priorities and set goals</p>

	<p>Social Skills: explain aspects of the process of group dynamics, evaluate group effectiveness, use strategies for giving constructive feedback to individuals and groups, explain their contribution to the maintenance of positive peer relationships.</p> <p><b>English</b>  Language: Developing Listening and Speaking Skills: communicate orally in group discussions, applying such skills as the following: contributing additional and relevant information; asking questions to extend understanding; working towards consensus; and accepting group decisions when appropriate</p>
Grade 12	<p><b>Physical Health and Education</b></p> <p>Safety: apply appropriate guidelines and procedures for safe participation in physical activity, demonstrate behavior that minimizes risk to themselves and others</p> <p>Social Skills: demonstrate an ability to work effectively with groups of individuals from different cultures to accomplish group goals, demonstrate an ability to use strategies needed to overcome the barriers to functioning effectively as a group, demonstrate an ability to use appropriate strategies to reach group consensus</p> <p>Leadership Skills: apply communication skills and strategies that help develop positive relationships, demonstrate an understanding of strategies that facilitate the decision-making process, taking into consideration self, others, and available resources</p> <p>Group Development: describe the factors that affect group development, analyze how the roles played by various members of a group (e.g., summarizer, task initiator, encourager) contribute to group effectiveness</p> <p>Teamwork Skills: demonstrate an ability to take responsibility for carrying out tasks assigned by the group, demonstrate an understanding of strategies that facilitate group effectiveness</p> <p><b>English</b>  Language: Developing Listening and Speaking Skills: communicate orally in group discussions, applying such skills as the following: leading and contributing to productive discussions; suggesting possibilities and selecting directions within the group; generating ideas; contributing information</p>