

## All Curriculum Links

### SNOWSHOEING

Grade 5	<p><b>Physical and Health Education</b> Locomotion/Traveling Skills: perform a combination of locomotion/ traveling movements, incorporating a variety of speeds, in relationship to objects or others</p> <p>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><b>Physical and Health Education</b> 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>
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>Physical Fitness: improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p> <p><b>Geography</b> Themes of geographic inquiry: Identify various types of landforms and explain how they are used to describe regions</p> <p>Patterns in Physical Geography: Explain how vegetation patterns result from the interaction of several factors, including climate, land types, soil and competition for nutrients</p>
Grade 8	<p><b>Physical and Health Education</b> Physical Fitness: improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
Grade 9	<p><b>Physical Health and Education</b> Movement Skills and Principles: use and combine movement skills in a variety of physical activities</p>

	Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
Grade 10	<p><b>Physical Health and Education</b></p> <p>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>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 11	<p><b>Physical Health and Education</b></p> <p>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><b>Physical Health and Education</b></p> <p>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>

### **TEAMBUILDING and INITIATIVES**

Grade 5	<p><b>Physical and Health Education</b></p> <p>Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment</p> <p><b>Living Skills</b></p> <p>Follow the rules of fair play in games and activities, and support the efforts of peers to improve their skills; demonstrate respectful behavior towards the feelings and ideas of others; follow the rules of fair play and sports etiquette in games and activities</p> <p><b>Language Studies</b></p> <p>Oral and Visual Communication, Group Skills: use constructive strategies in</p>
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	<p>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 6	<p><b>Physical and Health Education</b> Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment</p> <p><b>Living Skills</b> Follow the rules of fair play in games and activities, and support the efforts of peers to improve their skills; demonstrate respectful behavior towards the feelings and ideas of others; follow the rules of fair play and sports etiquette in games and activities</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> Healthy Living: use effective communication skills (e.g., refusal skills, active listening) to deal with various relationships and situations</p> <p>Stability Skills: balance while moving from one static position to another on the floor and on equipment</p> <p>Physical Fitness: participate fairly in games or activities (e.g., accepting and respecting decisions made by officials, whether they are students, teachers, or coaches).</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> Living Skills: apply a goal-setting process to short- and long-term goals</p>

	<p>related to physical activity or fitness</p> <p><b>Language Studies</b>  Oral and Visual Communication, Group Skills: contribute collaboratively in group situations by asking questions and building on the ideas of others; work with members of their group to establish clear purposes and procedures for solving problems and completing projects</p>
Grade 9	<p><b>Physical Health and Education</b>  Movement Skills and Principles: use and combine movement skills in a variety of physical activities</p> <p>Safety: demonstrate behavior that minimizes risk to themselves and others</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>
Grade 10	<p><b>Physical Health and Education</b>  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>Safety: demonstrate behavior that minimizes risk to themselves and others</p> <p>Social Skills: demonstrate behaviors that are respectful of others' points of view, describe their own contribution to and effectiveness within a group.</p>
Grade 11	<p><b>Physical Health and Education</b>  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>
Grade 12	<p><b>Physical Health and Education</b>  Safety: apply appropriate guidelines and procedures for safe participation in physical activity, demonstrate behavior that minimizes risk to themselves</p>

	<p>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>
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**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> 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> 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> 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> Social Skills: contribute to the success of the group verbally and non-</p>

	<p>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>  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>  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>  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>
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## CANOEING

Grade 5	<p><b>Physical and Health Education</b>  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><b>Physical and Health Education</b>  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><b>Social Studies</b>  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</p>

	nations groups and show how it affected their practices in daily life. (eg. Food, shelter, transportation)
Grade 7	<p><b>Physical and Health Education</b>  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><b>Social Studies</b>  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><b>Physical and Health Education</b>  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><b>Social Studies</b>  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><b>Physical Health and Education</b>  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><b>Physical Health and Education</b>  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><b>Physical Health and Education</b></p> <p>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><b>Physical Health and Education</b></p> <p>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>

## **KAYAKING**

Grade 5	<p><b>Physical and Health Education</b></p> <p>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</p> <p>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><b>Physical and Health Education</b></p> <p>Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment</p> <p>Physical Fitness: improve their personal fitness levels by participating in</p>

	<p>sustained moderate to vigorous physical activity</p> <p><b>Social Studies</b> 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><b>Physical and Health Education</b> 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><b>Social Studies</b> 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><b>Physical and Health Education</b> 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><b>Social Studies</b> 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><b>Physical Health and Education</b> 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><b>Physical Health and Education</b></p> <p>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><b>Physical Health and Education</b></p> <p>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><b>Physical Health and Education</b></p> <p>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>

## ROCK CLIMBING

Grade 5	<p><b>Physical and Health Education</b></p> <p>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> <p>Living Skills: incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness</p>
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Grade 6	<p><b>Physical and Health Education</b>  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><b>Science and Technology</b>  Motion: Understanding Basic Concepts: demonstrate awareness that friction transforms kinetic energy into heat energy</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>Physical Fitness: improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
Grade 8	<p><b>Physical and Health Education</b>  Locomotion/Traveling Skills: apply locomotion/traveling, manipulation, and stability skills in combination and in sequence in specific physical activities</p> <p>Physical Fitness: improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity; 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>  Movement Skills and Principles: use and combine movement skills in a variety of physical activities</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><b>Physical Health and Education</b>  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>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>

Grade 11	<p><b>Physical Health and Education</b>  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><b>Physical Health and Education</b>  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>

**HIGH ROPES**

Grade 5	<p><b>Physical and Health Education</b>  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> <p>Living Skills: incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness</p>
Grade 6	<p><b>Physical and Health Education</b>  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><b>Science and Technology</b>  Motion: Understanding Basic Concepts: demonstrate awareness that friction transforms kinetic energy into heat energy</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>Physical Fitness: improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
Grade 8	<p><b>Physical and Health Education</b>  Locomotion/Traveling Skills: apply locomotion/traveling, manipulation, and stability skills in combination and in sequence in specific physical activities</p> <p>Physical Fitness: improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity; 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>  Movement Skills and Principles: use and combine movement skills in a variety of physical activities</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><b>Physical Health and Education</b>  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>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 11	<p><b>Physical Health and Education</b>  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><b>Physical Health and Education</b>  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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## NATURE HIKES

Grade 5	<p><b>Physical and Health Education</b> Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity</p> <p><b>Science and Technology</b> Conservation and Energy, Developing Skills of Inquiry, Design,  Communication: formulate questions about and identify needs and problems related to protection of the natural environment, and explore possible answers and solutions</p> <p>Weather, Relating Science and Tech. to the Outside World: describe ways in which weather conditions affect the activities of humans and other animals; explain how climatic and weather conditions influence the choice of materials used for building shelters</p>
Grade 6	<p><b>Physical and Health Education</b> Physical Fitness: improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p> <p><b>Science and Technology</b> Diversity of Living Things, Developing Skills of Inquiry, Design and Communication: formulate questions about and identify the needs of different types of animals, and explore possible answers to these questions and ways of meeting these needs</p> <p>Relating Science to the Outside World: show an understanding of the impact of moving mechanisms (e.g., trucks, snowmobiles) on the environment and on living things</p>
Grade 7	<p><b>Physical and Health Education</b> Physical Fitness: improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p> <p><b>Science and Technology</b> Interactions Within Ecosystems, Understanding Basic Concepts: identify and explain the roles of producers, consumers, and decomposers in food chains and their effects on the environment; explain the importance of microorganisms in recycling organic matter; interpret food webs that show the transfer of energy among several food chains, and evaluate the effects</p>

	<p>of the elimination or weakening of any part of the food web; identify signs of ecological succession in a local ecosystem</p> <p>Relating Science and Technology to the World Outside School: identify and explain economic, environmental and social factors that should be considered in the management and preservation of habitats</p> <p><b>Geography</b> Themes of geographic inquiry: Identify various types of landforms and explain how they are used to describe regions</p> <p>Patterns in Physical geography: Explain how vegetation patterns result from the interaction of several factors, including climate, land types, soil and competition for nutrients</p>
Grade 8	<p><b>Physical and Health Education</b> Physical Fitness: improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
Grade 9	<p><b>Physical Health and Education</b> Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 10	<p><b>Physical Health and Education</b> Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p> <p><b>Science</b> Biology: The Sustainability of Ecosystems: Understanding Basic Concepts: explain why different ecosystems respond differently to short-term stresses and long-term changes, compare a natural and a disturbed ecosystem and suggest ways of assuring their sustainability</p> <p>Developing Skills of Inquiry and Communication: formulate scientific questions about observed ecological relationships, ideas, problems, and issues</p> <p>Relating Science to Technology, Society, and the Environment: assess the impact of technological change and natural change on an ecosystem Earth and Space Science: Weather Dynamic: Relating Science to</p> <p>Technology, Society, and the Environment: explain the role of weather dynamics in environmental phenomena and consider the consequences to humans of changes in weather</p>

Grade 11	<p><b>Physical Health and Education</b> Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p> <p><b>Canadian and World Studies</b> Physical Geography: Patterns, Processes and Interactions: Geographic Foundations: Space and Systems: Learning Through Application: analyze the relationship between the present characteristics of local landforms and the processes that shaped them</p> <p>Human-Environment Interactions: Learning Through Application: analyze how selected human activities affect a local environment</p>
Grade 12	<p><b>Physical Health and Education</b> Physical Fitness: maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p> <p><b>Canadian and World Studies</b> Human-Environment Interactions: Building Knowledge and Understanding: explain how human activities affect, or are affected by, the environment</p> <p>Understanding and Managing Change: Developing and Practicing Skills: predict the consequences of human activities on natural systems</p>

## ORIENTEERING

Grade 5	<p><b>Physical and Health Education</b> Locomotion/Traveling Skills: perform a combination of locomotion/traveling movements, incorporating a variety of speeds, in relationship to objects or others</p> <p>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><b>Physical and Health Education</b> Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment</p> <p>Physical Fitness: improve their personal fitness levels by participating in</p>

	sustained moderate to vigorous physical activity
Grade 7	<p><b>Science and Technology</b> Map, Globe, and Graphic Skills* (Grade 7 Geography): use a variety of thematic and topographic maps to identify patterns in physical geography; use contour lines to represent elevation on maps</p> <p><b>Geography</b> Themes in geographic inquiry: Use a variety of geographical resources and tools to gather, process and communicate geographical information</p>
Grade 8	<p><b>Science and Technology</b> Map, Globe, and Graphic Skills* use a variety of thematic and topographic maps to identify patterns in physical geography; use contour lines to represent elevation on maps</p>
Grade 9	<p><b>Science and Technology</b> Map, Globe, and Graphic Skills* use a variety of thematic and topographic maps to identify patterns in physical geography; use contour lines to represent elevation on maps</p>
Grade 10	<p><b>Canadian and World Studies</b> Methods of Geographic Inquiry and Communication: Methods and Tools of Geographic Inquiry: orient a map or aerial photograph in the field and relate the features shown to the surrounding landscape</p>
Grade 11	<p><b>Canadian and World Studies</b> Methods of Geographic Inquiry and Communication: Methods and Tools of Geographic Inquiry: orient a map or aerial photograph in the field and relate the features shown to the surrounding landscape</p>
Grade 12	<p><b>Canadian and World Studies</b> Geometrics: Geotechnologies in Action: Methods of Geographic Inquiry and Communication: Methods and Tools of Geographic Inquiry: orient a map or aerial photograph in the field and relate the features shown to the surrounding landscape</p>

## SWIMMING

Grade 5	<p><b>Physical and Health Education</b> Physical Fitness: improve their fitness levels by participating in sustained</p>
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	moderate to vigorous physical activity
Grade 6	<b>Physical and Health Education</b> Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity
Grade 7	<b>Physical and Health Education</b> Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity
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