

Health and Physical Education

Grade 8

Healthy active living involves a combination of physical activity and appropriate lifestyle choices. Through the Health and Physical Education curriculum, students will develop:

- An understanding of the importance of physical fitness, health, and well-being and the factors that contribute to them;
- A personal commitment to daily vigorous physical activity and positive health behaviours;
- And the basic movement skills they require to participate in physical activities throughout their lives.

The achievement of the objectives of the Health and Physical Education program will not only enhance each student's life but will also result in a healthier population.

The curriculum's major areas of knowledge and skills are organized around three strands:

Healthy Living – includes healthy eating, growth and development, personal safety and injury prevention, and substance use and abuse;

Fundamental Movement Skills – includes locomotion/travelling, manipulation, and stability;

Active Participation – includes physical activity, physical fitness, living skills, and safety.

These strands are combined with the living skills of communication, conflict resolution, goal setting and decision making skills that all students require.

Evaluation

Health Units – 3 separate units:	24%
Active Participation in class:	35%
Safety Practices:	5%
Social Practices:	5%
Individual skill testing:	20%
Class participation:	<u>10%</u>
Total:	100%