

Health and Physical Education Curriculum Review



What has NOT changed?

- Basic vision and goals – is to help students understand how their personal actions and decisions will affect their health, fitness and well-being. We still want students to have the comprehension, commitment, and capacity to live healthy active lives.
- Basic structure – the courses offered in Grades 11 and 12 include open courses, as well as a university preparation course and a college preparation course.
- Our opportunity as educators to reach students in a different way within the education system – combined kinaesthetic, emotional, intellectual and social learning.

Key Changes in Draft Secondary Curriculum

Strengthen the vision

- Health and Physical Literacy
- HPE within the context of a Healthy School – promoting healthy active living
- Shift from content-focused to student-centred skill building

Format

- Grade 9-12 Healthy Active Living Education Courses revised from a Grade 1-12 perspective
- Positioning of Living Skills
- Examples, Teacher Prompts, Student Response
- Alignment – overall and specific expectations
- Integration and emphasis on Living Skills
- Increase integration of diverse examples including environment, special needs, aboriginal perspective

Changes to Grades 11 & 12 Courses

- Content revisions, current and relevant

Health for Life (PPZ30), Grade 11 – Open

- Content in Community Health strand revised to better reflect the notion of “Healthy Communities”
- Health Promotion sub-strand, expectations revised to reflect a true ‘health promotion approach’, considering a social-ecological model and its influence on health
- ‘Vitality’ term no longer current – revised with a shift to a personal “Wellness’ approach
- Added an activity component – develop and implement a personal wellness plan

Recreation and Fitness Leadership (PLF4C), Grade 12 - College Preparation

- Revised with a more experiential focus in order to develop leadership, teamwork and mentoring skills including the integration of Living Skills (personal, interpersonal and critical and creative thinking)
- Some sub-strands renamed and reorganized to better reflect the learning, for example, in the ‘Facilitation of Recreation and Leisure’ strand, the ‘Needs Assessment and Plan Coordination’ sub-stands combined and now called ‘Event Planning and Coordination’.
- Reorganizing of learning – the Injury Prevention and First Aid sub-strand moved to the Facilitation of Recreation and Leisure strand to better align with ‘Event planning and coordination of event”
- Renaming of strand ‘Physical Fitness and Well-Being’ Strand, now titled ‘Mentoring Development’
- ‘Mentoring Development’ strand, revised to focus learning on students helping others develop and implement a personal ‘healthy active living plan’

Exercise Science (PSE4U), Grade 12 - University Preparation

- Revised with an intent to ‘streamline’ the content and with a broader physical activity perspective
- Strands renamed to better reflect the learning within the strand, i.e., “The Bases of Movement” and ‘Motor Development and Human Performance’
- Learning in Physical Activity & Sport in Society revised to include a balance of issues pertaining to physical activity and sports and how social and built environments influence opportunities for physical activities and active healthy living.

**Additional
Proposed
Changes to the
HPE
Curriculum
Grades 9-12 as
a Result of
Feedback
Process**

Planning for Implementation Support

- within the context of a Healthy School

Living Skills positioning

Achievement chart examples

Front Matter and Glossary development and revisions

Current status

- **First Edit Grades 1-12 (HPE/HALE)**
 - January/February 2009
- **Fact Checking for grades 1-8**
 - bias check
 - aboriginal perspectives check
 - environmental education check
- **Revision and editing for Final Draft Grades 1-8**
- **Grades 11-12, Senior Courses Feedback Consultation**
 - April/May 2009

Next Steps

- **HALE and Senior Courses revisions, Spring/Fall 2009**
- **First Edit**
 - January/February 2010
- **Fact Checking for Secondary curriculum**
 - bias check
 - aboriginal perspectives check
 - environmental education check
 - colleges and universities validation
- **Revision and editing for Final Draft, Grades 9-12**
- **Planning for Implementation**

**Timelines for
Release**

- **Elementary**
 - Fall 2009 – release
 - Fall 2010 – mandatory implementation
- **Secondary**
 - Spring 2010 – release
 - Fall 2011 – mandatory implementation