



**SOUTH SHORE REGIONAL SCHOOL BOARD
CURRICULUM UPDATES AND CONTACT INFORMATION
Last updated: June 29th, 2017**

PHYSICAL EDUCATION

Contacts

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<http://www.phecanada.ca>

Curriculum Guides

If teachers have not yet downloaded the curriculum documents or Learning Outcomes Frameworks, they can be found (not all) in various stages (final, draft, conceptual, ..) on the **EduPortal**.

The DoE are now housing all the **curriculum guides/documents** in a one-stop place called the EduPortal. Check this central place out at <http://edapps.ednet.ns.ca/eduportal> You will need your Employee Number as found on your payroll information to enter the site. Go to Resources and then **Educator's Site and/or the Curriculum Cart** to access/download the curriculum documents.

Curriculum guides may also be accessed through their respective **Moodles** such as: Mathematics P-3, 4-6, 7-9, 10, 11, and 12; P-3 Renew, Revisit, Rebuild; An Innovative Curriculum; 4-6 Renew, Refocus, Rebuild. Innovation and Exploration-Grades 4-6 Streamlined Curriculum; Social Studies grades 3-6 and Mi'kmaw Studies 11; some Family Studies courses like Child Studies 9 and Canadian Families 12; Healthy Living 9: Workplace Health & Safety Module; Entrepreneurship 12 and Cooperative Education.

Teachers have been given access to these Moodles with a one-time enrollment key. If you need assistance please go to our SSRSB Curriculum site located on www.ssrbsb.ca or contact Mark MacLeod at mmacleod@ssrsb.ca

Besides updated curriculum guides, EduPortal also has easy access to other resources and links such as: the On-Line Video Library, upcoming events such as Webinars, Digital Video Library, EBSCO, Ednet Cloud, Education Media Library, Evaluation Services / Provincial Assessment info, FSL Program Services, IB Program, NSVS, NSSBB Online (ALR),

INFORMATION ITEMS of Interest

- ✚ **Approved Local Courses.** It has been confirmed with PowerSchool staff that all locally developed courses that were approved for the 2016/2017 school year are automatically approved for 2017/2018 unless the board has requested a course be discontinued, which we haven't. Some courses (Psychology 12 for example) still have the Expiry Date as June 2017 in Power School and principals are seeing this and thinking they are not available. A ticket was sent to have those Expiry dates removed and replaced with June 2018.
- ✚ A revised version of the **PE Safety Guidelines** is soon to come out-will go to lawyers, SIP, Deputy for final consultation. Will be more about the intent of doing activities and recommendations. For example-if free play in the Early Years Program (EYP) for 4 year olds then allow it to continue for 14 year olds.
- ✚ The Aim statement/philosophy related to the **new P-9 Physical Education curriculum** is as follows:
Current obesity and physical inactivity rates are at an all-time high in NS (Thompson and Wadsworth, 2012). Quality physical education is a place where all Nova Scotia children can grow as physically literate individuals. In order for students to become physically literate, they must participate in a quality physical educational program. A quality physical educational program is one that is participatory and not exclusive. Elimination games do not belong in quality physical education as they exclude many from opportunity to practice and grow in their skill competence, creativity, confidence, and strategic thinking. While recess, intramurals and sport are all valuable contributors to students' school experience and physical activity participation, none should be offered in lieu of a quality physical education program. Assessments are used to guide instruction, motivate learners, and evaluate students as well as the physical education program. There are three major strands (Active for Life, Skill and Movement Concepts, Life Skills) and four major movement categories (Dance, Educational Gymnastics, Games, Individual Pursuits) in the new curriculums.
- ✚ Tom Fahie is sharing the following **PE presentations**. They are from the Canadian Sport For Life (CS4L) Conference, which Tom attended. Tom also provided each of our schools with PE resources during our Regional In-Service 2014.

<http://canadiansportforlife.ca/sites/default/files/resources/C1%20Jones%20Panel.pdf>

Here are all of the presentations...

http://canadiansportforlife.ca/resources/2014%20CS4L%20National%20Summit%20Presentations?utm_source=February+update+2014&utm_campaign=Feb+eNewsletter&utm_medium=email

- ✦ **Archery Training PD opportunity:** an important course that took place **May 27, 28 and 29th, 2016**. The person that is trained as a BAIT Specialist will be able to train BAIT's and BAI's within our board thereby eliminating the need of trying to schedule a course outside of SSRSB. This course is being provided based on the decision last November that stated: **In light of the new Safety Guidelines, released Nov. 3, 2015, these clearly state NASP is the only recognized archery program (equipment inclusive).** **Lindsay Willow (NRCS) and Laura Wilson (SQMS) attended and completed the NASP BAIT course.**
- ✦ Released-June 2015! The ParticipationReportCard.com is the most comprehensive doc on physical activity rates of Canadian children and youth. If you take a quick look at the document, unfortunately we as a collective are not doing so well in increasing physical activity rates amongst our children and youth.
- ✦ Check out the Active at School initiative and get involved. PHE Canada has developed a number of resources and tools to help educators: from Passport to Life, At My Best, and the Fundamental Movement Skills resources, to our work promoting and recognizing Quality Daily Physical Education.
<http://www.phecanada.ca/resources/news/phe-canada-proud-support-launch-active-school-movement>
- ✦ Canada has new Physical Activity and Sedentary Behavior Guidelines for Children and Youth. The new guidelines identify the minimum time, intensity and type of physical activity, and the maximum time for sedentary behavior that will return measurable health benefits (body composition, blood pressure, cardio-respiratory fitness). To download the Guidelines sheets, visit www.csep.ca/guidelines. To download Eat Well and Be Active Educational Toolkit, visit www.phac-aspc.gc.ca. To download the Physical Activity Tracker and parent's guide, visit www.participation.com*
- ✦ The huddle-Sponsored by Thompson Publishing, “the huddle” is a unique and growing online community of physical education and health teaching professionals, a place to connect with other educators, share resources, and discuss topics that matter to our community. We publish interesting and relevant content from around the web, and provide a discussion forum where members can chat about issues that are important to them. We also publish and promote events—from conferences and workshops to national and international initiatives that promote health, fitness, and physical literacy. Members can sign up, create a unique profile, and interact with nearly 500 other “huddlers”—24/7!
 - Sign up here: www.thompsonpublishing.ning.com

- Follow us on Twitter at twitter.com/thompsonhuddle

For more information, contact Aerin Guy, Huddle Community Manager at aeringuy@gmail.com

- ✚ Looking to borrow neat PE equipment such as archery kits, indoor cricket or GPS kits-PE teachers have the inventory list on which schools are housing these supplies and available to borrow. New curling kits (4) and archery kits (4) have been sent to our schools and recreation departments to use and share. Contact Mark MacLeod for assistance mmacleod@ssrsb.ca
- ✚ Tennis Anyone? Tennis for Schools is a national program that introduces the fundamental skills related to tennis, with age appropriate equipment. Resources for teachers include curriculum guides for grades 1-2, 3-5 and 6-8 and fun interactive videos to demonstrate each skill. For further info contact tennisns@sportnovascotia.ca
- ✚ What About Golf? The Golf in Schools (GIS) program will supply teachers with the necessary components to deliver an adaptable golf unit for grades 1-6 and 9-12. Visit the Golf In Schools website at nationalgolfinschools.com for more info
- ✚ Check out **Pickle Ball**-contact former colleagues Jerome Tanner, Russell Miller, or Yves Rossignol who might visit your school for a demonstration. This fast growing sport was featured on CBC Sports Day on Nov 30, 2013.
- ✚ Article of Interest: **Physical Education Classes De-emphasize Team Sports.** The physical education 2 class at Coney High in Augusta, Maine, is intended to help students develop confidence and learn how to communicate and solve problems within a team. This new movement in physical education explores ways to better motivate students of all physical abilities. "I think very traditional physical education was a great place for athletes or people who had some genetic predisposition to athletic ability," said Cheryl Richardson, an official of the American Alliance for Health, Physical Education, Recreation and Dance. "That obviously is not the environment that we are trying for now." Other teachers are taking this message to team sport lessons, like basketball, where they modify the sport or teach outdoor activities to so everyone student is involved.
http://www.onlinesentinel.com/news/Motivation_key_at_Augusta_s_Cony_High_physical_education_class_.html
- ✚ **RBC Learn to Play Program Grants.** These grants range from \$1,000 to \$10,000 and support local organizations that implement programs consistent with physical literacy principles to get kids active. Programs eligible for funding include those that:
 - Implement a new approach/delivery to sport and physical activity through the creation of a physical literacy-based program recommended by Canadian Sport for Life; and/or
 - Provide instruction/learning of a new skill or sport that the child/youth

- would otherwise not have an opportunity to experience; and/or
- Emphasize and expose children/youth to a multi-sport or multi-skill participation experience.

Select a grade and/or category for more information

[Primary](#)

[Grade One](#)

[Grade Two](#)

[Grade Three](#)

[Grade Four](#)

[Grade Five](#)

[Grade Six](#)

[Grade Seven](#)

[Grade Eight](#)

[Grade Nine](#)

[Grade Ten](#)

[Grade Eleven](#)

[Fitness Leadership 11](#)

[Physical Education 11](#)

[Physically Active Living 11](#)

[Yoga 11](#)

[Grade Twelve](#)

[Physical Education Leadership 12](#)

[Physical Education 12](#)

Renew, Refocus, Rebuild **An Innovative Curriculum Primary-Grade 3**

Update on the P-3 Streamlined Curriculum: Skills and concepts have been updated for P-3 and curriculum guides rejigged and aligned to match the revised SCO's. Teachers wanted better P-3 guides that integrated the subjects, rubrics, etc. The DoE is looking to work with teachers to use/pilot these resources from Sept 2017-June 2018 and gather feedback NGES may be taking part.

NEW for the 2015-16 school year. There is a **revised** Time to Learn Strategy for **Grades Primary-Three**. Some of the important points are:

- ✚ Increased time for Language Arts instruction for P-2 (from 90 mins/day to 123 mins/day) and Mathematics instruction for P-2 (from 45 mins/day to 75 mins/day) and increased time for Language Arts instruction for Grade 3 (from 115 mins/day to 158 mins/day) and Mathematics instruction for Grade 3 (from 60 mins/day to 90 mins/day).
- ✚ An integrated model where outcomes from one or more subject areas (Social Studies, Science, Health, Visual Arts and Information Communication Technology) are addressed within Language Arts and/or Mathematics for active and interactive learning.
- ✚ The number of SCO's for each subject area of ELA, Social Studies, Science, Health, Visual Arts, **Physical Education** and Music has been drastically reduced. The SCO's for Mathematics will remain as is.
- ✚ Learning packages were developed to assist teachers in offering daily Physically Active Time (PAT), which is general classroom activity **distinct from Physical Education classes**. The PAT is set at 10 mins/day.
- ✚ Teacher resources were developed to support teachers with combined classes (i.e. 3/4 split).
- ✚ Teachers will report only on Integrated Mathematics and Integrated Language Arts for all three terms with **Physical Education** and Music reported on beginning with reporting period #2.
- ✚ All the above information and lots more can be found on the **Renew, Refocus, Rebuild-An Innovative Curriculum Moodle**-to get there:
 - ✓ Visit <https://nsvs.ednet.ns.ca>
 - ✓ Click on Professional Communities of Practice
 - ✓ Log in using your full staff email.
 - ✓ Enter required information (First time users only)
 - ✓ Locate Professional Communities of Practice at the bottom of the page
 - ✓ Scroll down and locate Renew, Refocus, Rebuild; An Innovative Curriculum

- ✓ You will be prompted to Enrol Me in course. You are now a participant in the course and it will be displayed under “My Courses” each time you log into NSVS.

Grade Primary Physical Education

Provincial Guide

- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides are now available on the Educator’s site (via EduPortal) and an electronic copy was sent to all schools (Nov 18, 2014). **The 1st official year of implementation of the new P-9 PE curriculum will be 2015-16. The current SCO’s will remain on PowerSchool for the 2014-15 school year.** Guided by current and best practice in physical education and responsive to the needs of 21st century learners, this new curriculum aims to foster physical literacy in children and youth through quality physical education. This new curriculum aims to foster physical literacy in children and youth through quality physical education. The new curriculum will feature three strands—Active for Life, Skill and Movement Concepts, and Life Skills and fewer outcomes than the current curriculum. This curriculum development process has been supported by a group of outstanding physical educators from around the province, by university faculty, government stakeholders, and other passionate supporters of physical education, all of whom have generously given their time and expertise to guide the development each step along the way.
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Core Resources

- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator’s

site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.

- **Physical literacy** is as important as the ability to read and write. The most important step toward developing physical literacy is mastering fundamental movement skills. Canadian Sport for Life the website has a URL at www.physicalliteracy.ca A new four-page pamphlet—Introduction to **Physical Literacy**—provides the basics of physical literacy, fundamental movement skills, fundamental sport skills and decision making. [Download](#) or contact Mike.Hudson@gov.ns.ca at the Department of Health and Wellness for copies. Our PE teachers were in-serviced on the Fundamental Movement skills during our regional in-service in Nov, 2013 with Mike Hudson.
- In addition to the PE Implementation resources that were handed out during the Sept 2014 Regional In-service, **Fitness Charts** will be provided for grade levels 4–6 and 7–9 within the 2014–15 school year. The Active Start fitness charts (designed for P-3) have been provided to you already (Regional In-service 2014) and Natalie plans to purchase The Game On: Ready to Play fitness charts for grades 7-9 in this current fiscal. The resource should be ready to ship from the book bureau in late January 2015? Perfect Practice: Learn to Play is an educational resource that contains a set of fitness charts as well as teacher resource and online resources for grades 4-6.-this will be sent out in the spring 2015.
<http://thompsonbooks.com/books/k-12/functional-fitness-circuit-charts-junior-grades-4-6.html>
- **Physical education resources for the P-9** professional development that took place on Sept 26th, 2014 during our Regional Inservice. Each school received 1 copy of each of the following:
 - Active Start Functional Fitness Charts (25664)
 - Fundamental Movement Skills: Active Start and FUNDamentals (NSSBB # 1001778)
 - Fundamental Movement Skills: For Children with Developmental and/or Behavioral Disabilities (NSSBB # 1001779)
 - Fundamental Movement Skills: An Educator’s Guide to Teaching Fundamental Movement Skills (NSSBB # 1001780)
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 - Fundamental Movement Skills: For Children with Physical Disabilities (NSSBB # 1001931)
- **Bring Back Play!** Do you believe children could benefit from playing more? ParticipACTION and the Department of Health and Wellness want to bring back active play. In support of the goals for Thrive! A plan for a healthier Nova Scotia, the department is collaborating on a national physical activity campaign communicating with parents called Bring Back Play. Brochures will be distributed to schools with children in grades primary to 6. The messages

are informative, positive and inspiring. Schools are encouraged to send a brochure home with each child. To view the Bring Back Play audio-visual advertisement, poster or download free promotional resources visit <https://thrive.novascotia.ca/bring-back-play>

- A badminton resource for Grades P-9 from PHE Canada
http://www.phecanada.ca/sites/default/files/resources/move-think-learn/badminton_4_6_final.pdf
- <http://60minkidsclub.org/> Strongly recommended for schools with Primary–8 students!
- Active 8: A Curriculum-Based Physical Activity Challenge Program: Kindergarten
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 1 Physical Education

Provincial Guide

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Grade 2 Physical Education

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Core Resources

- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator's site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- **Physical literacy** is as important as the ability to read and write. The most important step toward developing physical literacy is mastering fundamental movement skills. Canadian Sport for Life the website has a URL at

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<http://thompsonbooks.com/books/k-12/functional-fitness-circuit-charts-junior-grades-4-6.html>
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- **Bring Back Play!** Do you believe children could benefit from playing more? ParticipACTION and the Department of Health and Wellness want to bring back active play. In support of the goals for Thrive! A plan for a healthier Nova Scotia, the department is collaborating on a national physical activity campaign communicating with parents called Bring Back Play. Brochures will be distributed to schools with children in grades primary to 6. The messages are informative, positive and inspiring. Schools are encouraged to send a brochure home with each child. To view the Bring Back Play audio-visual advertisement, poster or download free promotional resources visit <http://thrive.novascotia.ca/bring-back-play>

- “Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18”-Mitchell, Oslin & Griffin
- A badminton resource for Grades P-9 from PHE Canada
http://www.phecanada.ca/sites/default/files/resources/move-think-learn/badminton_4_6_final.pdf
- <http://60minkidsclub.org/> Strongly recommended for schools with Primary–8 students!
- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 4 Physical Education

Planning for grades 4-6 took place in 2015-2016 for a streamlined, coordinated, and innovative curriculum with implementation in 2016-2017.

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<http://nsvs.ednet.ns.ca/nsps/nsps26/course/view.php?id=4102>

Provincial Guide

- **Draft Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9 curriculum guides are now available on the Educator’s site (via EduPortal) and an electronic copy was sent to all schools (Nov 18, 2014). The 1st official year of implementation of the new P-9 PE curriculum will be 2015-16. The current SCO’s will remain on PowerSchool for the 2014-15 school year.** Guided by current and best practice in physical education and responsive to the needs of 21st century learners, this new curriculum aims to foster physical literacy in children and youth through quality physical education. This new curriculum aims to foster physical literacy in children and youth through quality physical education. The new curriculum will feature three strands—Active for Life, Skill Themes, Movement Concepts, and Strategies, and Life Skills and fewer outcomes than the current curriculum. This curriculum development process has been supported by a group of outstanding physical educators from around the province, by university faculty, government stakeholders, and other passionate supporters of physical education, all of whom have generously given their time and expertise to guide the development each step along the way.

- The Aim statement/philosophy related to the **new P-9 Physical Education curriculum** is as follows: Current obesity and physical inactivity rates are at an all-time high in NS (Thompson and Wadsworth, 2012). Quality physical education is a place where all Nova Scotia children can grow as physically literate individuals. In order for students to become physically literate, they must participate in a quality physical educational program. A quality physical educational program is one that is participatory and not exclusive. Elimination games do not belong in quality physical education as they exclude many from opportunity to practice and grow in their skill competence, creativity, confidence, and strategic thinking. While recess, intramurals and sport are all valuable contributors to students' school experience and physical activity participation, none should be offered in lieu of a quality physical education program. Assessments are used to guide instruction, motivate learners, and evaluate students as well as the physical education program. There are three major strands (Active for Life, Skill and Movement Concepts, Life Skills) and four major movement categories (Dance, Educational Gymnastics, Games, Individual Pursuits) in the new curriculums.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades 4-6.

Core Resources

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 - Fundamental Movement Skills: Beyond the Fundamentals A Games Approach (NSSBB # 2001289)
 - Fundamental Movement Skills: For Children with Physical Disabilities (NSSBB # 1001931)

- **Bring Back Play!** Do you believe children could benefit from playing more? ParticipACTION and the Department of Health and Wellness want to bring back active play. In support of the goals for Thrive! A plan for a healthier Nova Scotia, the department is collaborating on a national physical activity campaign communicating with parents called Bring Back Play. Brochures will be distributed to schools with children in grades primary to 6. The messages are informative, positive and inspiring. Schools are encouraged to send a brochure home with each child. To view the Bring Back Play audio-visual advertisement, poster or download free promotional resources visit <https://thrive.novascotia.ca/bring-back-play>
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- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 4-6
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- The popular At My Best program has now expanded to include **Grades 4 to 6**. This FREE, curriculum-based program has been designed to help promote and develop children’s overall wellness. This unique program combines physical activity, healthy eating, and emotional well-being to support children’s overall wellness. This program now includes online games, activities and lesson plans for teachers, students and families. For more information go to www.atmybest.ca

- **Multizone: An Exciting Nutrition & Physical Activity Program.** What is Multizone? A curriculum based educational activity that engages students as they work together in teams to solve nutrition questions while participating in fun physical challenges. Each class gets 40-45 minutes of one-on-one time with a registered dietitian! Who Can Apply? Grades P-6. What is the Cost? This program is free of charge. Schools are scheduled on a first-come, first-served basis. What Do I Need? All you need is a gym or large space, and teacher to assist. We bring everything else! To register contact Lindsay.buchanan@dfc-plc.ca or visit www.TeachNutrition.org
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
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Grade 5 Physical Education

Planning for grades 4-6 took place in 2015-2016 for a streamlined, coordinated, and innovative curriculum with implementation in 2016-2017.

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Provincial Guide

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- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades 4-6.

Core Resources

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Grade 6 Physical Education

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Provincial Guide

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- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades 4-6.

Core Resources

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Update on the Grades 7-8 Curriculum review: Start date is projected to be October 2017. Will likely start with ELA and Social Studies and will be done over a 2-year period-lesson learned from P-3 and 4-6 rush job!! Curriculum for 7-8 is in great need of revision and change-stay tuned!!

Grade 7 Physical Education

Provincial Guide

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- <http://60minkidsclub.org/> Strongly recommended for schools with Primary–8 students!
- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 7-8
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
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Grade 8 Physical Education

Provincial Guide

- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides are now available on the Educator’s site (via EduPortal) and an electronic copy was sent to all schools (Nov 18, 2014). **The 1st official year of implementation of the new P-9 PE curriculum will be 2015-16. The current SCO’s will remain on PowerSchool for the 2014-15 school year.** Guided by current and best practice in physical education and responsive to the needs of 21st century learners, this new curriculum aims to foster physical literacy in children and youth through quality physical education. This new curriculum aims to foster physical literacy in children and youth through quality physical education. The new curriculum will feature three strands—Active for Life, Skill Themes, Movement Concepts, and Strategies, and Life Skills and fewer outcomes than the current curriculum. This curriculum development process has been supported by a group of outstanding physical educators from around the province, by university faculty, government stakeholders, and other passionate supporters of physical education, all of whom have generously given their time and expertise to guide the development each step along the way.
- The Aim statement/philosophy related to the **new P-9 Physical Education curriculum** is as follows: Current obesity and physical inactivity rates are at an all-time high in NS (Thompson and Wadsworth, 2012). Quality physical education is a place where all Nova Scotia children can grow as physically literate individuals. In order for students to become physically literate, they must participate in a quality physical educational program. A quality physical educational program is one that is participatory and not exclusive. Elimination games do not belong in quality physical education as they exclude many from opportunity to practice and grow in their skill competence, creativity, confidence, and strategic thinking. While recess, intramurals and sport are all valuable contributors to students’ school experience and physical activity participation, none should be offered in lieu of a quality physical education program. Assessments are used to guide instruction, motivate learners, and evaluate students as well as the physical education program. There are three major strands (Active for Life, Skill and Movement Concepts, Life Skills) and

four major movement categories (Dance, Educational Gymnastics, Games, Individual Pursuits) in the new curriculums.

Core Resources

- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator's site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- **Physical literacy** is as important as the ability to read and write. The most important step toward developing physical literacy is mastering fundamental movement skills. Canadian Sport for Life the website has a URL at www.physicalliteracy.ca A new four-page pamphlet—Introduction to **Physical Literacy**—provides the basics of physical literacy, fundamental movement skills, fundamental sport skills and decision making. **Download** or contact Mike.Hudson@gov.ns.ca at the Department of Health and Wellness for copies. Our PE teachers were in-serviced on the Fundamental Movement skills during our regional in-service in Nov, 2013 with Mike Hudson.
- In addition to the PE Implementation resources that were handed out during the Sept 2014 Regional In-service, **Fitness Charts** will be provided for grade levels 4–6 and 7–9 within the 2014–15 school year. The Active Start fitness charts (designed for P-3) have been provided to you already (Regional In-service 2014) and Natalie plans to purchase The Game On: Ready to Play fitness charts for grades 7-9 in this current fiscal. The resource should be ready to ship from the book bureau in late January 2015? Perfect Practice: Learn to Play is an educational resource that contains a set of fitness charts as well as teacher resource and online resources for grades 4-6.-this will be sent out in the spring 2015.
<http://thompsonbooks.com/books/k-12/functional-fitness-circuit-charts-junior-grades-4-6.html>
- **Physical education resources for the P-9** professional development that took place on Sept 26th, 2014 during our Regional Inservice. Each school received 1 copy of each of the following:
 - Active Start Functional Fitness Charts (25664)
 - Fundamental Movement Skills: Active Start and FUNdamentals (NSSBB # 1001778)
 - Fundamental Movement Skills: For Children with Developmental and/or Behavioral Disabilities (NSSBB # 1001779)
 - Fundamental Movement Skills: An Educator's Guide to Teaching Fundamental Movement Skills (NSSBB # 1001780)
 - Fundamental Movement Skills: Learning to Train (NSSBB # 1001781)
 - Fundamental Movement Skills: Beyond the Fundamentals A Games Approach (NSSBB # 2001289)
 - Fundamental Movement Skills: For Children with Physical Disabilities (NSSBB # 1001931)

- “Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18”-Mitchell, Oslin & Griffin
- A badminton resource for Grades P-9 from PHE Canada
http://www.phecanada.ca/sites/default/files/resources/move-think-learn/badminton_4_6_final.pdf
- <http://60minkidsclub.org/> Strongly recommended for schools with Primary–8 students!
- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 7-8
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Grade 9 Physical Education

Provincial Guide

- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides are now available on the Educator’s site (via EduPortal) and an electronic copy was sent to all schools (Nov 18, 2014). **The 1st official year of implementation of the new P-9 PE curriculum will be 2015-16. The current SCO’s will remain on PowerSchool for the 2014-15 school year.** Guided by current and best practice in physical education and responsive to the needs of 21st century learners, this new curriculum aims to foster physical literacy in children and youth through quality physical education. This new curriculum aims to foster physical literacy in children and youth through quality physical education. The new curriculum will feature three strands—Active for Life, Skill Themes, Movement Concepts, and Strategies, and Life Skills and fewer outcomes than the current curriculum. This curriculum development process has been supported by a group of outstanding physical educators from around the province, by university faculty, government stakeholders, and other passionate supporters of physical education, all of whom have generously given their time and expertise to guide the development each step along the way.
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Core Resources

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 - Fundamental Movement Skills: An Educator's Guide to Teaching Fundamental Movement Skills (NSSBB # 1001780)
 - Fundamental Movement Skills: Learning to Train (NSSBB # 1001781)

- Fundamental Movement Skills: Beyond the Fundamentals A Games Approach (NSSBB # 2001289)
- Fundamental Movement Skills: For Children with Physical Disabilities (NSSBB # 1001931)
- “Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18”-Mitchell, Oslin & Griffin
- A badminton resource for Grades P-9 from PHE Canada
http://www.phecanada.ca/sites/default/files/resources/move-think-learn/badminton_4_6_final.pdf
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 10

Physical Education 10 (Open) PHE10

Provincial Guide

- Physical Education 10 (Implementation Draft 2008)

Core Resources

- Active Healthy Living: Physical Education in Nova Scotia Student Text and Teacher Resource
- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator’s site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>
- “Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18”-Mitchell, Oslin & Griffin

Grade 11

Fitness Leadership 11 (Acad) FITLDP11

Provincial Guide

- Fitness Leadership 11 (Implementation Draft 2009)-still in edit mode. No guide yet-just SCO’s.

Core Resources

- Youth Strength Training (Faigenbaum & Westcott)-received June 2010
- Stretching Anatomy (Nelson & Kokkonen)-received June 2010

- Launch workshop on June 10-11, 2010 at Akerley Campus with 1 teacher from each board-each school received support resources, curriculum guides, etc
- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator's site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>
- "Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18"-Mitchell, Oslin & Griffin

Physical Education 11 (Open) PHE11

Provincial Guide

- Physical Education 11 (Implementation Draft 2010)-some copyright issues to solve before printing

Core Resources

- Launch workshop held on June 10-11, 2010 at Akerley Campus with 1 teacher from each board -each school received support resources, curriculum guides, etc
- Teaching Games for Understanding (Griffin & Butler)-received in June 2010
- Transforming Play: Teaching Tactics and Game Sense (Slade)-received in June 2010
- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator's site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>
- "Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18"-Mitchell, Oslin & Griffin

Physically Active Living 11 (Open) PHEAL11

Provincial Guide

- Physically Active Living 11-Draft 2009 (Implementation Draft 2011-assessment ideas are needed to complete the guide

Core Resources

- Motivating People to be Physically Active (ALR# 24996)
- Teaching Physical Activity: Change, Challenge and Choice (ALR# 18695)
- Character Building Activities: Teaching Responsibility, Interaction and Group Dynamics (ALR# 18696)
- Teaching in Action: Outdoor Recreation
- Quality Lesson Plans for Outdoor Education (Redmond, Foran, Dwyer)

- Mental Health and High School Curriculum Guide (Canadian Mental Health Association)
- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator's site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- Launch workshop held on June 10-11, 2010 at Akerley Campus with 1 teacher from each board -each school received support resources, curriculum guides, etc
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>
- "Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18"-Mitchell, Oslin & Griffin

Yoga 11 (Acad) YOGA11

Provincial Guide

- Yoga 11 (Implementation Draft 2010)
- Guide has not been fully completed-outcomes are available in hard copy

Core Resources

- Yoga Anatomy (Nelson & Kokkonen)
- Yoga Fit (Shaw)
- Yoga Unveiled (supports Module 2) on ALR
- Each Yoga 11 teacher requires 220 hours of Yoga Teaching training
- Launch workshop held on June 10-11, 2010 at Akerley Campus with 1 teacher from each board -each school received support resources, curriculum guides, etc
- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator's site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- <http://www.physedsource.com>

Grade 12

Physical Education Leadership 12 (Academic) PHL12

Provincial Guide

- **Physical Education Leadership 12 PSP** has been developed and was implemented in the 2013–2014 school year. The Department of Education, with the support of colleagues in Physical Activity, Sport, and Recreation Department of Health and Wellness will provide an invitational professional development opportunity to each school board to introduce the course outcomes and to provide NCCP Fundamental Movement Skills High School

Leadership Training module training. Participants of the workshop will be provided with the NCCP Fundamental Movement Skills: Improving the Lives of Children Through Physical Literacy resource as well as Leading Through Service, developed by PHE Canada, both of which are key resources that address the specific curriculum outcomes of the course. Our PE teachers received this training at our Nov/2013 Regional In-service. The resource “**Leading the Way: Youth Leadership Guide**” was distributed to teachers in April 2013 for each school who attended the in-service.

Core Resources

- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator’s site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>
- “Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18”-Mitchell, Oslin & Griffin

Physical Education 12 (Open) PHE12

Provincial Guide

- Very old guide (1976), has been without specific outcomes for awhile and will be replaced eventually by the Physical Education Leadership 12 once it becomes a PSP recognized course. **Physical Education 12 will still be on the PSP course list for the 2016-2017 school year.**
- The DoE have identified Newfoundland’s new (2012) grade 12 physical education curriculum, Physical Education 3100 as of interest to them. They will review this course to ensure that course outcomes are manageable and desirable. Assuming so, they shall likely seek copyright permission from Newfoundland for interested schools in Nova Scotia to use this curriculum resource, since we have no outcomes or current guide for Physical Education 12. Physical Education 3100 may be viewed at <http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/physed/index.html#31003101>

Core Resources

- Recreation and Leadership (Thompson Educational Publishing)
- Exercise Science (2nd Edition / Thompson Educational Publishing)
- The Nova Scotia Physical Education **Safety Guidelines** are complete and ready to share with schools/PE teachers. They are posted on the Educator’s site and a PDF version was sent to schools (Nov 2nd, 2015)-please share with your PE teachers-any feedback is welcome.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>
- “Teaching Sports Concepts and Skill: A Tactical Games Approach for Ages 7 to 18”-Mitchell, Oslin & Griffin