



# ÉCOLE STANLEY KNOWLES SCHOOL

2424 KING EDWARD STREET WINNIPEG, MANITOBA, R2R 2R2  
TEL: 204.694.0483 - FAX: 204.694.7509



ASPIRE - INSPIRE

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Grade 7 Physical Education / Health Curriculum

September 2014

## 1. Movement

*The student will demonstrate competency in selected movement skills and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.*

## 2. Fitness Management

*The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.*

## 3. Safety

*The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.*

## 4. Personal and Social Management

*The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.*

## 5. Healthy Lifestyles Practices

*The student will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.*

### Assessment

Students will be assessed based on achievement in three learning components:

#### Movement;

#### Fitness Management;

#### Healthy Lifestyles

Mr. Batt

Room: Large Gym

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