



**SOUTH SHORE REGIONAL SCHOOL BOARD
CURRICULUM UPDATES AND CONTACT INFORMATION**

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PHYSICAL EDUCATION

Contacts

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If teachers have not yet downloaded the curriculum documents, they can be found (not all) in various stages (final, draft, conceptual, ..) on the protected website: <http://www.educators.ednet.ns.ca> along with other core resources for particular subjects as well as Learning Outcomes Frameworks for P-6, 7-9 and 10-12 (lists all the GCO's and SCO's for each subject/course from P-12)

- Go to <http://www.educators.ednet.ns.ca/>
- Use your staff EDnet ID and password that you use at school
- Click on Physical Education

The DoE are looking to house all the curriculum guides/documents in a central place in the near future-stay tuned as not all curriculum guides are on the fore-mentioned educator's site (i.e. Health P-9). This is called the Edu-Portal. Check this central place out at <http://edapps.ednet.ns.ca/eduportal> . You will need your Employee Number as found on your payroll information.

There may be old and new draft outcomes both on PowerSchool for subjects like Health P-9, Social Studies 5, etc. It is up to staff and principals to decide where they are in the implementation stage (usually a 3-year implementation for new curriculums). We encourage teachers to use the newer outcomes whenever possible, especially if there are support resources available (i.e. Health P-9).

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*

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

Select a grade and/or category for more information

[Primary](#)

[Grade 1](#)

[Grade 2](#)

[Grade 3](#)

[Grade 4](#)

[Grade 5](#)

[Grade 6](#)

[Grade 7](#)

[Grade 8](#)

[Grade 9](#)

[Grade 10](#)

[Physical Education 10](#)

[Grade 11](#)

[Fitness Leadership 11](#)

[Physical Education 11](#)

[Physically Active Living 11](#)

[Yoga 11](#)

[Grade 12](#)

[Physical Education Leadership 12](#)

[Physical Education 12](#)

Grade Primary

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Kindergarten
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “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

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 2

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 3

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “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

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 4-6
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 5

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 4-6
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 6

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.
- The Time to Learn Strategy recommends a minimum of 20 minutes per day for grades P-2, a minimum of 30 minutes per day for grade 3, and a minimum of 25 minutes for grades 4-6

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 4-6
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Grade 7

Provincial Guide

- Physical Education Curriculum: Grades 7-9 (1999)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 7-8
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Grade 8

Provincial Guide

- Physical Education Curriculum: Grades 7-9 (1999)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.

Core Resources

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 7-8
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 9

Provincial Guide

- Physical Education Curriculum: Grades 7-9 (1999)
- Begin to revise Physical Education Primary-9 by 2013-14 with fundamental changes.

Core Resources

- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 10

Physical Education 10 (Open) PHE10 (BJSHS, FHCS, LRHS, PVEC)

Provincial Guide

- Physical Education 10 (Implementation Draft 2008)

Core Resources

- Active Healthy Living: Physical Education in Nova Scotia Student Text and Teacher Resource
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 11

Fitness Leadership 11 (Acad) FITLDP11

(NQRHS, PVEC)

Provincial Guide

- Fitness Leadership 11 (Implementation Draft 2009)-still in edit mode

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 will receive support resources, curriculum guides, etc
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Physical Education 11 (Open) PHE11

(BJSHS, FHCS, LRHS, NGRHS, PVEC)

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 will receive support resources, curriculum guides, etc
- Teaching Games for Understanding (Griffen & Butler)-received in June 2010
- Transforming Play: Teaching Tactics and Game Sense (Slade)-received in June 2010
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Physically Active Living 11 (Open) PHEAL11

(BJSHS, FHCS, LRHS, NGRHS, NQRHS, PVEC)

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)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)- working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- Launch workshop held on June 10-11, 2010 at Akerley Campus with 1 teacher from each board -each school will receive support resources, curriculum guides, etc
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Yoga 11 (Acad) YOGA11 (BJSHS, PVEC)

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 will receive support resources, curriculum guides, etc
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- <http://www.physedsource.com>

Grade 12

Physical Education Leadership 12 PEL12 (BJSHS, FHCS, PVEC)

Provincial Guide

- Physical Education Leadership 12 in development- currently as ALC until the PSP course is completed during the 2013-2014 school year. Plan for the introduction, support, and implementation of Physical Education Leadership 12 by 2013-2014.

Core Resources

- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Physical Education 12 (Open) PHE12 (FHCS, LRHS, PVEC)

Provincial Guide

- Very old guide (1976), has been without specific outcomes for awhile and will be replaced by the Physical Education Leadership 12 once it becomes a PSP recognized course in 2013-2014

Core Resources

- Recreation and Leadership (Thompson Educational Publishing)
- Exercise Science (2nd Edition / Thompson Educational Publishing)
- Physical Education Safety Guidelines, Grades Primary-12 (2002)-working on revision using the OPEHA document. It is expected that these guidelines will be introduced by the end of the 2011-2012 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>