



SOUTH SHORE REGIONAL SCHOOL BOARD
CURRICULUM UPDATES AND CONTACT INFORMATION
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PHYSICAL EDUCATION

Contacts

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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 to access the curriculum documents.

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),

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).

INFORMATION ITEMS of Interest

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.participaction.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

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](#)

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[Grade Eleven](#)

[Fitness Leadership 11](#)

[Physical Education 11](#)

[Physically Active Living 11](#)

[Yoga 11](#)

[Grade Twelve](#)

[Physical Education Leadership 12](#)

[Physical Education 12](#)

Grade Primary

Provincial Guide

- Physical Education Curriculum: Grades Primary-6 (1998)
- New curriculum for **physical education primary-9** is currently under development—hopefully Spring 2014. 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 DoE are looking forward to introducing this exciting new curriculum with school boards, principals, teachers, and families to support the development of physical literacy among children and youth. It is expected that the outcomes framework for Primary-9 will be introduced in the 2013-2014 school year. Stay tuned!
- CBC Sports Day in Canada (Nov 30, 2013) spoke about the importance of “physical literacy” and our population, especially our students, to be taking part and moving in physical activities of all kinds. “Pickle-Ball” was highlighted on the CBC show at our local YMCA and this is a sport that is gaining popularity—try it out—fun for all ages!!
- 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

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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 <https://thrive.novascotia.ca/bring-back-play>

- 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 2013-2014 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

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Grade 2

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Grade 3

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Grade 4

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Grade 5

Provincial Guide

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Grade 6

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Grade 7

Provincial Guide

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- 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 2013-2014 school year.
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Grade 8

Provincial Guide

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Grade 9

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- Physical Education Curriculum: Grades 7-9 (1999)
- New curriculum for **physical education primary-9** is currently under development- hopefully Spring 2014. 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 DoE are looking forward to introducing this exciting new curriculum with school boards, principals, teachers, and families to support the development of physical literacy among children and youth. It is expected that the outcomes framework for Primary-9 will be introduced in the 2013-2014 school year. Stay tuned!
- CBC Sports Day in Canada (Nov 30, 2013) spoke about the importance of “physical literacy” and our population, especially our students, to be taking part and moving in physical activities of all kinds. “Pickle-Ball” was highlighted on the CBC show at our local YMCA and this is a sport that is gaining popularity-try it out-fun for all ages!!

Core Resources

- **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 website: 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.
- 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 2013-2014 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 (NSVS))

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 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 2013-2014 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.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 2013-2014 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.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 2013-2014 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)

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 2013-2014 school year.
- <http://www.physedsource.com>

Grade 12

Physical Education Leadership 12 (Academic) PHL12 (FHCS, PVEC)

Provincial Guide

- **Physical Education Leadership 12 PSP** has been developed and will be 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

- 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 2013-2014 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

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

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 2013-2014 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#31003>
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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 2013-2014 school year.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>