



**SOUTH SHORE REGIONAL SCHOOL BOARD
CURRICULUM UPDATES AND CONTACT INFORMATION
Last updated: August 27th, 2014**

PHYSICAL EDUCATION

Contacts

Department of Education
Natalie Flinn
Active Healthy Living Consultant
Phone: (902) 424-6134
Email: flinnnj@gov.ns.ca

South Shore Regional School Board
Mark MacLeod, Coordinator of Programs P-12
Phone: (902) 541-0825
Email: mmacleod@ssrsb.ca

<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 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

- ✚ 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.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/thompsonhuddleFor 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 ordered for our schools and recreation departments to use and share.**
- ✚ **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 or Yves Rossignol who might visit your school for a demonstration. This fast growing sport was featured on CBC Sports Day on Nov 30.
- ✚ 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](#)

Grade Primary

Provincial Guide

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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.

- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)

- **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)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- “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

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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.

- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)

- **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: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- “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

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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.

- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)

- **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: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- “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

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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 Lifethe 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.

- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)

- **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: Grades 1-3
- Physical Education for Children: Daily Lesson Plans for Elementary School (ALR #18787)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- “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

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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.

- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)

- **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: 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

- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- “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

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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.
- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)
- **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: 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
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- “Wow” Box (March 2008)-contains a parachute and other resources
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Grade 6

Provincial Guide

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.

- Physical Education Curriculum: Grades Primary-6 (1998)
- 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

- **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.
- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)
- **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: 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
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- "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

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.

- Physical Education Curriculum: Grades 7-9 (1999)
- 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 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.
- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)

- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 7-8
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

Grade 8

Provincial Guide

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.
- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades 7-9 (1999)
- 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 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.

- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)
- Active 8: A Curriculum-Based Physical Activity Challenge Program: Grades 7-8
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsources.com>

Grade 9

Provincial Guide

- The **new NS Physical Education curriculum, grades P-9**, is currently undergoing final edits in order to reduce the number of SCO's. This work is being completed by a Provincial PE Primary-9 Lead Team-Selena Eno from BCS and Terry Melloy from BES are on the team. Teacher PD and delivery of resources will take place at our Regional In-service in Sept 2014.

- Draft **Physical Education Primary-3, Physical Education, Grades 4-6, and Physical Education, Grades 7-9** curriculum guides will be available on the Educator's site (via EduPortal) by early September 2014. **The 1st 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.
- Physical Education Curriculum: Grades 7-9 (1999)
- 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 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.
- The DoE will be distributing **physical education resources for the P-9** professional development that will be happening on Sept 26th, 2014 during our Regional Inservice. Each school will receive 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)
- 40 Years in the Gym: Favorite Physical Education Activities (ALR# 18253)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- 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
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

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 will receive support resources, curriculum guides, etc
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

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 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
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

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)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- 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

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
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- <http://www.physedsource.com>

Grade 12

Physical Education Leadership 12 (Academic) PHL12

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

- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA guidelines** in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.
- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>

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 2014-2015 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)
- OPHEA has opened their online access to Elementary and Secondary Safety Guidelines to all. Visit the OPHEA site and agree to the terms and you are good to go <http://safety.ophea.net/> The DoE has purchased the copyright permission to adopt them and we are to begin **following the OPHEA**

guidelines in our schools as of April 1st, 2014. SIP has also sent out a Risk Write information item to all schools.

- www.ciraontario.com (lots of resources, games and activities)
- <http://www.physedsource.com>