

Grade 7 to 9 PLO's Active Living

Prescribed Learning Outcomes in Physical Education and Daily Physical Activity

**The Healthy Living Performance Standards represent selected PLO's
at these grade levels.**

**For a complete list of PLO's can be found at
[Physical Education](#) and [Daily Physical Activity](#).**

Grade Seven

Active Living

Knowledge

A1 relate the effects of regular participation in a variety of types of physical activities to quality of life (e.g., stress reduction, prevents the onset of certain diseases, increased overall physical and emotional health)

A3 assess their heart rate during physical activity in relation to target heart rate zones

A4 design a plan for achieving physical activity goals

Participation

A5 participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities that support their personal physical activity goals

Grade Eight

Active Living

Knowledge

A1 assess the positive implications of active living

A2 describe health-related components of fitness (muscular strength, muscular endurance, cardiovascular endurance, and flexibility) skill-related components of fitness (e.g., agility, speed, reaction time, co-ordination, balance)

A4 describe the importance of assessing their rate of exertion during physical activity

A5 pursue personal physical activity goals related to health-related components of fitness (muscular strength, muscular endurance, cardiovascular endurance, or flexibility)

Participation

A6 participate daily in moderate to vigorous physical activity to enhance fitness

Grade Nine

Active Living

Knowledge

A1 formulate a rationale for active living

A2 explain how physical activity relates to health-related components of fitness (muscular strength, muscular endurance, cardiovascular endurance, and flexibility) skill-related components of fitness (e.g., agility, speed, reaction time, co-ordination, balance) movement concepts (body awareness, spatial awareness, qualities of movement, relationships)

A4 monitor their rate of exertion during physical activity

A5 pursue personal physical activity goals related to health-related components of fitness (muscular strength, muscular endurance, cardiovascular endurance, and flexibility) skill-related components of fitness (e.g., agility, speed, reaction time, co-ordination, balance)

Participation

A6 participate daily in moderate to vigorous physical activity to enhance fitness

Prescribed Learning Outcomes in Daily Physical Activity (DPA)

- participate in physical activities for a minimum of 30 minutes during each school day
- participate in a range of endurance activities
- participate in a range of strength activities
- participate in a range of flexibility activities