

## **Grade 10 to 12 PLO's Active Living**

**Prescribed Learning Outcomes in Physical Education (PE) and Daily Physical Activity (DPA)**

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

For a complete list of PLO's go to [Physical Education](#) and [Daily Physical Activity](#).

### **Grade Ten**

#### **Active Living**

A1 describe a variety of ways to be active throughout one's life

A2 demonstrate understanding of health-related components of fitness, skill-related components, fitness and movement concepts

A3 implement a comprehensive physical activity plan incorporating goal setting processes, components of fitness, considerations of personal abilities and interests, nutritional considerations, principles of training

#### **Participation**

A4 participate daily in moderate to vigorous physical activity to enhance fitness

### **Grade Eleven**

#### **Active Living**

- design and implement plans for balanced, healthy living, including nutrition, exercise, rest and work
- demonstrate an understanding of the factors that affect the choice of physical activity throughout life, including age, gender, time, culture and environment
- describe strategies for stress management and relaxation
- demonstrate an understanding of how the cardiovascular, muscular, and skeletal systems relate to human motor performance

### **Grade Twelve**

#### **Active Living**

- design, evaluate, and monitor plans for a balanced, healthy lifestyle, taking into consideration factors that affect the choice of physical activity, including age, gender, culture, environment and body image perceptions

- analyse and design plans for stress management and relaxation
- develop a plan to maximize personal motor performance for themselves and others

### **Daily Physical Activity K through Twelve**

#### **Grade Ten through Grade Twelve**

- participate in moderate to vigorous physical activity for a minimum of 150 minutes per week at each grade from 10 to 12
- demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being