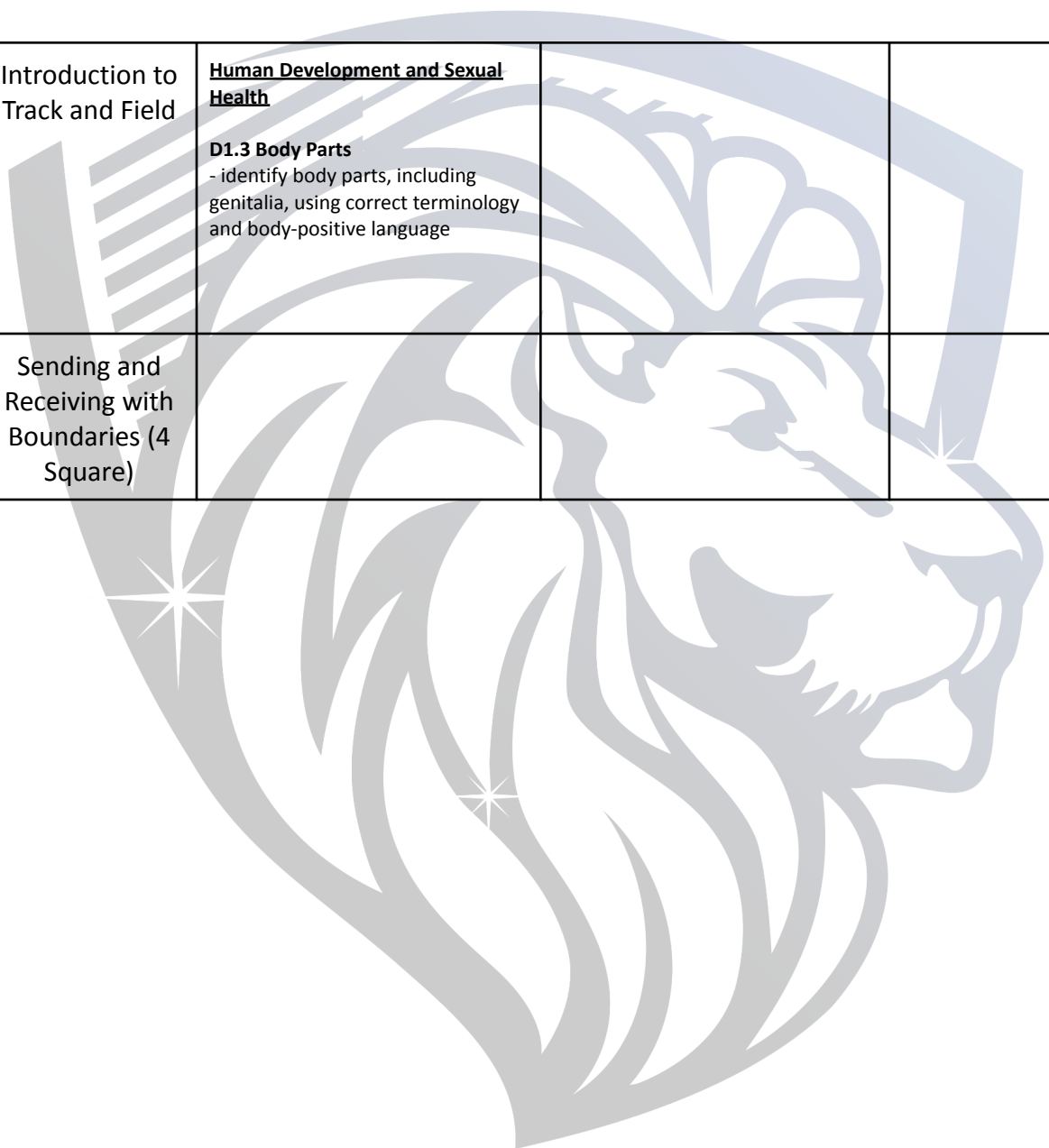


GRADE 1 - HEALTH & PE LONG RANGE PLANS

Month & Focus	OPHEA Activities	Healthy Living Expectations	Movement Competence	Active Living	Social-Emotional Learning Skills
September Establish Routines: <ul style="list-style-type: none"> • Enter/exit gym • Proper attire • Emergency procedures • Responding to signals • Personal space • Sportsmanship 	Welcome to the Gym Outdoor Games	<u>Healthy Eating</u> D1.1 explain why people need food to have healthy bodies and minds D2.1 Canada's Food Guide - describe how Canada's Food Guide can help develop healthy eating habits	Movement Skills and Concepts C1.1 perform a variety of static balances, using different body parts at different levels C1. 2 demonstrate the ability to move and stop safely and in control, with an awareness of people and equipment around them C1. 3 perform a variety of locomotor movements, travelling in different directions and using different body parts	<u>Active Participation</u> B1.1 actively participate in a wide variety of program activities, according to their capabilities, while applying behaviours that enhance their readiness and ability to take part	<u>Identification and Management of Emotions</u> A1.1 apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others
October Cooperative Games Locomotor Skills	Team-Building Exploring Movement Patterns				
November Volleyball Badminton	Rolling and Throwing Sending and Receiving	<u>Mental Health Literacy</u> D1.5 Mental Health and Overall Health - demonstrate an understanding that mental health is a part of overall health and reflect on the things they can do to appreciate and take care of their body and	C1.4 send objects of different shapes and sizes at different levels and in different ways, using different body parts C1.5 receive objects of different shapes	Safety B3.1 demonstrate behaviours and apply procedures that maximize safety and lessen the risk of injury, including the risk of concussion, for themselves and others during	

		mind D3.3 Thoughts, Emotions, Actions - demonstrate an understanding that a person's thoughts, emotions, and actions can affect mental health	and sizes at different levels and in different ways, using different body parts	physical activity	
December Indoor Soccer Games	Exploring Striking and Fielding Activities	<u>Substance Use, Addictions, and Related Behaviours</u> D3.2 Unhealthy Habits, Healthy Alternatives - identify habits and behaviours (e.g., excessive screen time or video game usage, smoking, vaping) that can be detrimental to health, and explain how people can be encouraged to adopt healthier alternatives	C2.2 apply a variety of simple tactics to increase their chances of success while participating in and exploring physical activities	Active Participation B1. 3 identify a variety of ways to be physically active at school and at home every day	
January Basketball	Moving Objects into Space				
February Fitness	Fitness Building	<u>Personal Safety and Injury Prevention</u> D1.2 Safe Practices - Personal Safety - demonstrate an understanding of essential knowledge and practices for ensuring their personal safety	C2.1 demonstrate an understanding that different physical activities have different components		
March Floor Hockey	Aim and Accuracy				
April Skipping Track & Field	Balance Jump, Land, and role Jump Rope				



May Track & Field	Introduction to Track and Field	<u>Human Development and Sexual Health</u> D1.3 Body Parts - identify body parts, including genitalia, using correct terminology and body-positive language			
June Soccer baseball Outdoor Free Time	Sending and Receiving with Boundaries (4 Square)				