

PLO's targeted during the Minor Games Unit

Grade 9:

- 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)
- A6 participate daily in moderate to vigorous physical activity to enhance fitness
- A7 demonstrate a willingness to participate in a wide range of physical activities, including individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- B1 apply fundamental movement skills in a range of individual and dual activities
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- B3 apply fundamental movement skills in structured complex rhythmic movement activities
- B4 apply selected principles of training to improve fitness
- B5 apply a range of movement concepts (including concepts associated with body awareness, spatial awareness, qualities of movement, and relationships) to improve their performance of activity-based movement skills
- C1 apply safety procedures in all physical activities across the activity categories
- C2 demonstrate proper use of equipment and facilities
- C3 demonstrate fair play in all physical activities across the activity categories
- C4 exhibit leadership in a range of physical activities

Grade 10:

- A4 participate daily in moderate to vigorous physical activity to

enhance fitness

- A5 demonstrate a willingness to participate in a wide range of physical activities, including individual and dual activities, games, rhythmic movement activities (including dance and gymnastic activities)
- B1 apply fundamental movement skills in a range of complex individual and dual activities
- B2 apply fundamental movement skills in a range of complex games activities
- B3 apply fundamental movement skills in a range of rhythmic movement activities
- B4 apply principles of training to improve fitness
- B5 apply movement concepts (including concepts associated with body awareness, spatial awareness, qualities of movement, and relationships) to improve their performance in demanding or complex physical activities across the activity categories
- C1 apply safety procedures in all physical activities across the activity categories
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories
- C4 apply leadership in a wide range of physical activity situations