

# **Track and Field**

PLO's

# Grade 9:

- 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)
- 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
- 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 fundamental movement skills across the activity categories

# Grade 10

- 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
- 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