

Orangeville High School PE and HEALTH

PHYSICAL EDUCATION	
Essential Questions	Enduring Understandings
<ol style="list-style-type: none"> 1. What are my strengths? What are my limitations? How do I set myself up for success? 2. How do I/we improve over time? How do I/we get better? 3. How do my actions affect others? 4. Where is my body in space? How do I make appropriate adjustments? 5. Is this activity/sport a good fit for me? 6. How does physical activity relieve me from life stressors? 7. Am I challenging myself today? What adjustments do I need to make? 8. How do other people see me? How do I deserve to be treated? 9. What does it mean to be fit for me? 10. What is the other team doing right or wrong? How does that change how I/we play? 11. How do I/we score? How do I/we prevent scoring from happening? 12. How does my understanding of the game enhance performance? 	<ol style="list-style-type: none"> A. Setting SMART goals for individual improvement can lead to changes in the five components of fitness. B. The five components of fitness can be built over time using the FITT principle, determination, and consistency. C. Rules are restrictions and opportunities. D. You have to do the best with what you have given genetics and environment. E. Knowing the position of my body in space affects my performance. F. A healthy active lifestyle has a direct relationship on physical and mental health. G. Improvement often requires doing worse for a while until the “new” becomes habitual. H. How you behave leaves as much of an impression as how you perform. I. Game play requires adjustment to predictable and unpredictable situations and elements.
HEALTH	
Essential Questions	Enduring Understandings
<ul style="list-style-type: none"> • How do other people see me? How do I deserve to be treated? • What is the downside of the risk I’m about to take? How does that affect the decision I’m about to make? • How do I keep myself, and others safe? How do I get out of a dangerous/hurtful situation? When do I need to call in the reinforcements? • How do I determine if the information/source is valid/reliable? • How does what I put in or on my body affect the way it works? • How do I build and sustain relationships? 	<ul style="list-style-type: none"> • The misuse of substances (food, legal and illegal drugs) may compromise overall health. • The way you treat your body affects its ability to function appropriately. • When in trouble, it’s important to disclose information so that appropriate help can be provided/action can be taken. • Identifying the source of stress and your choices for handling it” makes it easier to reestablish balance. • The choices you make can change the course of your life and the lives of others. • Relationships deepen or deteriorate

	<p>because of communication and/or changes to one or both people.</p> <ul style="list-style-type: none">• The thoughts I have about myself affect my self-esteem.• Eating healthy and staying hydrated enhances performance.• Evaluating the credibility of a resource is the basis of decision making.
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