

Unit 3: Movement Exploration

Curriculum Expectations

Primary Learner

Strand A: Social-Emotional Learning Skills

A1.3 Positive Motivation and Perseverance

A1.6 Critical and Creative Thinking

Strand B: Active Living

B1.2 Enjoyment of activity

Strand C: Movement Competence

C1.2 Moving and stopping safely, in control with awareness of others and equipment (grade 1)

C1.2 Jumping, hopping, and landing - maintaining control, landing safely, using different body actions, jumping for distance/height and from low heights (grade 2, grade 3)

C1.3 Moving in different directions, using different body parts (grade 1)

C1.3 Moving in different directions, using different speeds, pathways (grade 2, grade 3)

Junior Learner

Strand A: Social-Emotional Learning Skills

A1.3 Positive Motivation and Perseverance

A1.6 Critical and Creative Thinking

Strand B: Active Living

B1.2 Enjoyment of activity

Strand C: Movement Competence

C1.2 Jumping, hopping, and landing - maintaining control, landing safely, using different body actions, jumping for distance/height and from low heights (grade 4, grade 5)

C1.3 Movement combinations - with/without equipment, alone/with others, using different speeds, pathways, directions, levels (grade 4, grade 5)

Intermediate Learner

Strand A: Social-Emotional Learning Skills

A1.3 Positive Motivation and Perseverance

A1.6 Critical and Creative Thinking

Strand B: Active Living

B1.2 Enjoyment of activity

Strand C: Movement Competence

C1.2 Movement combinations - wide variety, with/without equipment, in response to external stimuli