



# #OpheaOpenClass: Welcome Back Choice Board

## The Ontario Curriculum, Grades 1-8: Health and Physical Education

**Choice Board Learning Goal:**  
To positively contribute to student well-being through prioritizing student safety through identifying activities to contribute to physically, emotionally and socially safe learning environments for all students.

### Health and Well-being Across the School Day and At Home \*

- [Ophea, Family Activity Night Mighty Missions](#)
- [Active For Life, Activities For Kids](#)
- [Ever Active Schools, COVID-19 Resource & Supports](#)
- [The Recess Project, Canada](#)
- [Global Recess Alliance](#)
- [Recess Guardians](#)
- [ParticipACTION, 2020 Report Card On Physical Activity for Children & Youth, Family Influence](#)

#### STRAND A: Social-Emotional Learning Skills

**Learning Goal:**  
We are learning how to be aware of how we think, how we feel, and how we connect with others in a healthy way.

The following activities can be integrated into teaching and learning within Strand B/C/D. >>>

Specific Expectations: A1.1, A1.2, A1.5 (Grade 1-8)

- Ophea Games/Activities:**
- Experiencing a range of emotions during the school day is normal. Have students create a [Copy Master #1: Feelings Chart](#) to learn words to express their feelings, and reflect on healthy ways to express them.
  - Every day, students are exposed to big and small challenges that can contribute to feelings of stress. As they learn stress management and coping skills, they come to recognize that stress is a part of life and that it can be managed. Check out some of the games in the Active Living section and pair it with the [Copy Master #2: Check & Reflect](#) student reflection.
  - Self-awareness and identity skills help students explore who they are – their strengths, difficulties, preferences, interests, values, and ambitions – and how their social and cultural contexts have influenced them. Have students learn and practice skills in the Movement Competence section and create a [Copy Master #3: "I Can..."](#) card identifying personal strengths as they monitor their progress reflect and share their accomplishments with peers or caring adults.

- Educator Considerations:**
- School Mental Health Ontario, [Growing Happy Feelings](#)
  - School Mental Health Ontario, [Mood Diary](#)
  - School Mental Health Ontario, [Self Awareness and Self Identity](#)
  - Ophea, [Recordable Assessment Charts](#)

#### STRAND B: Active Living

**Learning Goal:**  
We are learning how to be physically active throughout the day, and how it connects with our physical and emotional well being.

**Student Success Criteria**

- I can recognize a range of emotions for myself.
- I can manage emotions by using strategies to self-regulate.
- I can recognize when my body and mind need physical activity, and understand the benefits from the joy of movement.

Specific Expectations: B1.1, B1.2, B2.1, B3.1 (Grades 1-8)

**Educator Considerations:**

- Find teachable moments throughout the day to embed physical activity. Check out Ophea's [DPA Everyday Resource](#) to learn more on how you can embed student choice and voice in making DPA meaningful for your learners.
- [Recordable Assessment Charts](#)
- [Ontario Physical Activity Safety Standards in Education](#)

#### STRAND C: Movement Competence

**Learning Goal:**  
We are learning how to move in a variety of ways alone, and with others, while applying strategies so that we are safe and having fun.

**Student Success Criteria**

- I am aware of my personal space, and the space around me.
- I can demonstrate safety for myself and others while moving.
- I can control my movements to the best of my ability while having fun.

Specific Expectations: C1.3 (Grades 1-5), C1.2 (Grades 6-8), C2.2 (Grades 1-4), C2.3 (Grades 4-8)

**Educator Considerations:**

- [#OpheaOpenClass Let's Get Started](#) for safety considerations for learning at home.
- Ophea, [PlaySport](#)
- Ophea, [Recordable Assessment Charts](#)
- Ophea, [Ontario Physical Activity Safety Standards in Education](#)

#### STRAND D: Healthy Living

**Learning Goal:**  
We are learning how to make healthy eating choices and decisions, while practicing it in our daily life.

**Student Success Criteria**

- I can describe the nutritional elements and facts that affect my food choices.
- I can make informed nutritional decisions and demonstrate actions that will positively contribute to my health.
- I can make connections with my knowledge of nutrition enabling me to demonstrate behaviours allowing me to live a healthy active life.

**Educator Considerations:**

- Review your local public health and school board policies regarding the safety and physical distancing measures put in place for learning at home, in-person, and/or a combination of both.
- Consider referencing Ophea's [Ideas for Action](#) Guides with links to healthy eating and mental health.
- Ophea, [Recordable Assessment Charts](#)

#### Ophea Games/Activities:

- Brain Blitz, Pg. 4, [Breathing Good Energy In](#)
- Brain Blitz, Pg. 15, [One Behind](#)
- Brain Blitz, Pg. 8, [Music Moves](#)
- Brain Blitz, Pg. 21, [Balance & Go](#)

#### Ophea Games/Activities:

Fundamental Movement Skills	Teaching Games for Understanding (TGfU)		
	Primary	Junior	Intermediate
<ul style="list-style-type: none"> <li>• <a href="#">Ophea Learn to Move</a> with supporting <a href="#">#OpheaOpenClass Learn to Move videos</a></li> <li>• <a href="#">#OpheaOpenClass, Movement Exploration</a></li> </ul>	<p><a href="#">Knock Down</a> *</p> <p>Target Activity: 3-2-1 *</p> <p>H&amp;PE Curriculum Resources: Gr. 2 <a href="#">Sending and Receiving: Speed, Level &amp; Distance</a> *</p> <p><a href="#">Archer's Away</a> *</p>	<p><a href="#">Beanbag Boccia</a> *</p> <p>Target Activity: 3-2-1 *</p> <p>H&amp;PE Curriculum Resources: Gr. 5 <a href="#">Pylon Power</a> *</p> <p><a href="#">Bull's Eye</a> *</p>	<p><a href="#">Croquet Ball</a> *</p> <p>Target Activity: 3-2-1 *</p> <p><a href="#">Pinwheel</a> *</p> <p><a href="#">Ophea H&amp;PE Curriculum Resources, Grade 8, Four Square I Like To Move It</a> *</p> <p><a href="#">Zone Soccer</a> *</p> <p><a href="#">Triangle and One</a> *</p>

- Notes:
- \* (#OpheaOpenClass: Target - Lesson 4: Primary, Junior, & Intermediate. Adapted from Ophea PlaySport resource)
  - \* (#OpheaOpenClass: Target - Lesson 1: Primary, Junior, & Intermediate. Adapted from Ophea PlaySport resource)
  - \* (#OpheaOpenClass: Target - Lesson 2: Primary, Junior, & Intermediate. Adapted from Ophea PlaySport resource)
  - \* (#OpheaOpenClass: Target - Lesson 3: Primary, Junior, & Intermediate. Adapted from Ophea PlaySport resource)
  - \* (Ophea PlaySport resource)
  - \* (Adapted from Ophea PlaySport resource to sending with feet or an implement)

#### Ophea Teaching Tools Lesson Plans & Specific Expectations:

- [Grade 1](#) A1.5, A1.6, D1.1, D2.1, D2.2
- [Grade 2](#) A1.6, D1.1, D2.1, D2.2
- [Grade 3](#) A1.6, D1.1, D1.3, D2.3, D3.1
- [Grade 4](#) A1.5, A1.6, D1.1, D2.1, D3.1
- [Grade 5](#) A1.6, D1.2, D2.1, D2.3, D3.1, D3.3
- [Grade 6](#) A1.6, D2.1, D2.2, D2.4
- [Grade 7](#) A1.6, D2.1, D3.1, D3.2
- [Grade 8](#) A1.6, D2.1, D2.4, D3.1

### Accommodations & Modifications: \*

- [Accommodations & Modifications Overview Video](#)
- [Ophea's Steps to Inclusion Resource](#)
- [Lesson Plan Adaptations For Children With Disabilities](#)