

Individual Pursuits: Success Criteria

Objective of Individual Pursuits: Participants work individually with their own equipment and monitor their own behaviour, movements and physical expenditure.

Examples: endurance activities, aquatics, dance, resistance and strength activities, Arctic sports, First Nations, Métis and Inuit games, gymnastics, outdoor activities, track and field.

Applying Movement Skills:

- I can apply the phases of movement to refine my skills in a variety of individual activities.
- I can use my core strength to maintain my stability while performing skills in a variety of individual activities.
- I can use a variety of locomotor patterns while participating in a variety of individual activities.

Applying Movement Concepts:

- I can adapt how I move in relation to objects on the trail, hill or pathway.
- I can adapt how I move with equipment in relation to my body.
- I can adapt how I move in relation to others.
- I can adapt how I move in relation to environmental factors such as weather.

Applying Movement Principles:

- I can apply the laws of motion to refine my skills in a variety of individual activities.
- I can apply the laws of force to refine my skills in a variety of individual activities.

Applying Movement Strategies:

- I can apply rules, guidelines and etiquette for fair and safe participation in a variety of indoor individual activities.
- I can apply rules, guidelines and etiquette for fair and safe participation in a variety of outdoor individual activities.

Thinking About Performance (Living Skills):

- I can apply my understanding of the laws of motion to refine my movement skills in a variety of indoor and outdoor individual activities.
- I can use my critical thinking skills to make connections between rules, guidelines and etiquette in a variety of indoor and outdoor individual activities.

Improving Performance:

- How can you apply the phases of movement when refining a new skill such as a dance move, a jump or a dive?
- What are all the factors to consider to adequately prepare for participation in an activity that takes place outdoors on ice?
- Why is improving your movement competence in a variety of individual activities important to maintaining lifelong participation in physical activity?