

PHYSICAL EDUCATION 20

Year-Long Curriculum • Alberta

2026–2027 • 99 instructional days

GRADE 11 YEAR PLAN — SEPTEMBER–JANUARY

	<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>	<u>January</u>
# of Days	21	21	21	15	21
Dimension	Alternate Environment Basic Skill - Locomotor Basic Skills - Manipulative (kicking, receiving, throwing, catching, retaining, striking, etc.) Dance Individual Activities	Alternate Environment Basic Skill - Locomotor Basic Skill - Nonlocomotor Basic Skills - Manipulative (kicking, receiving, throwing, catching, retaining, striking, etc.) Games Gymnastics <u>OTHER</u> : Adapted games	Basic Skill - Locomotor Alternate Environment Basic Skills - Manipulative (kicking, receiving, throwing, catching, retaining, striking, dribbling, etc.) Dance Individual Activities	Basic Skill - Locomotor Basic Skills - Manipulative (kicking, receiving, throwing, catching, retaining, striking, dribbling, etc.) Dance Individual Activities <u>OTHER</u> : Indigenous games	Alternate Environment Basic Skill - Locomotor Basic Skills - Manipulative (throwing, catching, retaining, striking, dribbling, etc.) Games Gymnastics Individual Activities <u>OTHER</u> : Indigenous games
Unit of Study & Activity Choice	Individual Activities - Running/cardio (1) - Circuit training (1) - Health classroom day (1) - Kickboxing (1) Invasion/territory - Ultimate frisbee (1) - Dodgeball (2) - Speedball (1) Alternate Environment - Cycling at Veladrom (1) - Swimming (1) - Orienteering (1)	Individual Activities - Running/cardio (1) - Resistance training (1) Invasion/territory - Invasion Games (eg: Capture the flag) (1) - Frisbee fly back (2) - Lacrosse (1) Alternate environment - Swimming (1) - Hiking (1) Striking/fielding - Soccer (2)	Individual Activities - Running/cardio (1) - Fitness Stations (1) - Yoga (1) - First aid training (1) Invasion/territory - Floor Hockey (2) - Ringette (1) - Ultimate football (2) - Dodgeball (1) - Handball (2) Alternate environment - Discover snorkelling/scuba	Individual Activities - Running/cardio (1) - Health classroom day (look at nutrition programs, performance enhancing substances, stress management) (1) - Self-defense (1) - Resistance Training (1) Invasion/territory - Lacrosse (1) - Basketball (2) Target	Invasion/territory - Dodgeball variations (2) - Basketball (3) - Ultimate frisbee (2) Alternate environment - Shoe-shoeing (1) - Rockclimbing (1) - Broomball (1) Striking/fielding - 4 Corners Soccer (1) Target - Curling (1) Net/wall

	- Canoeing (1) Striking/fielding - Kickball (1) - Softball (2) Target - Golf (1) - Tchoukball (1) - Cornhole (1) Net/wall - Tennis (2) Dance - Zumba (Dance class) (1) Other - Cooperative game (2) B - Functional Fitness B - Body image B - Wellbeing C - Communication C - Fair Play C - Teamwork D - Safety D - Effort D - Active Living in the community	- Kickball (1) - Spikeball (1) Target - Bowling (1) - Golf (1) Net/wall - Table tennis (1) Gymnastics - Gymnastics educational (eg: balancing, landing & tumbling) (2) - Gymnastics center field trip (1) Adapted Games - Sitting volleyball (1) - Goal ball) (1) - Sledge hockey (1) B - Functional Fitness C - Communication C - Fair Play C - Teamwork C - Leadership D - Safety D - Effort D - Goal Setting	diving (1) Striking/fielding - Grounder (eg: inside gym kickball with mat bases) (1) Target - Tchoukball (1) - Ultimate Pinball (1) Net/wall - Volleyball (3) Dance - Line Dance (1) - Create a Dance (1) B - Functional Fitness B - Wellbeing C - Communication C - Fair Play C - Teamwork D - Effort D - Safety	- Archery (2) Net/wall - Racquetball (1) Squash (1) - Walleyball (1) Dance - Social Dance (2) Indigenous Games - Indigenous traditional games (1) B - Functional Fitness B - Body image B - Wellbeing C - Communication C - Fair Play C - Teamwork D - Effort	- Badminton (3) - Pickleball (2) Gymnastics - Gymnastics rhythmic (1) - Gymnastics artistic (1) - Create your own gymnastics routine (1) Indigenous Games - Indigenous land based games (1) B - Wellbeing C - Leadership C - Fair Play C - Teamwork D - Effort D - Goal Setting
General Outcome	A - Activity B - Benefits Health C - Cooperation D - Do it daily ... for Life!	A - Activity B - Benefits Health C - Cooperation D - Do it daily ... for Life!	A - Activity B - Benefits Health C - Cooperation D - Do it daily ... for Life!	A - Activity B - Benefits Health C - Cooperation D - Do it daily ... for Life!	A - Activity B - Benefits Health C - Cooperation D - Do it daily ... for Life!
Specific Outcome	● A20-1 — Locomotor skills ● A20-5 — Manipulative skills ● A20-7 — Activity-specific skills in alternative environments ● A20-10 — Develop/refine activity-specific skills in games ● A20-11 — Apply skills, rules and strategies in games ● A20-13 — Individual pursuits	● A20-3 — Nonlocomotor skills ● A20-5 — Manipulative skills ● A20-7 — Alternative environment skills ● A20-10 — Game-specific skills ● A20-11 — Game rules & strategies ● A20-12 — Gymnastics/movement skills ● A20-13 — Individual activity skills	● A20-1 — Locomotor skills ● A20-3 — Nonlocomotor skills ● A20-5 — Manipulative skills ● A20-7 — Alternative environment skills ● A20-8 — Dance performance ● A20-9 — Choreography & interpretation ● A20-10 — Game-specific skills ● A20-11 — Game rules & strategies ● A20-12 — Gymnastics/movement skills	● A20-1 — Locomotor skills ● A20-5 — Manipulative skills ● A20-7 — Alternative environment skills ● A20-8 — Dance performance ● A20-9 — Choreography & interpretation ● A20-10 — Game-specific skills ● A20-11 — Game rules & strategies	● A20-3 — Nonlocomotor skills ● A20-5 — Manipulative skills ● A20-7 — Alternative environment skills ● A20-10 — Game-specific skills ● A20-11 — Game rules & strategies ● A20-12 — Gymnastics/movement skills

	• B20-2 — Variety of ways to achieve personal fitness • B20-3 — Plan, assess and maintain personal fitness • B20-4 — Body Image • B20-6 — Analyze positive benefits of physical activity • B20-7 — Consequences/risks of inactive lifestyle • B20-8 — Personal stress management • C20-1 — Appropriate/respectful communication • C20-3 — Etiquette and fair play • C20-4 — Leadership/followership • C20-5 — Teamwork • C20-6 — Respect for self and others • D20-1 — Model an active lifestyle • D20-2 — Personal plan for ongoing participation • D20-3 — Safety standards and rules • D20-4 — Warm-up/cool-down • D20-6 — Short- and long-term activity goals • D20-8 — Active Living in the Community	• B20-2 — Personal fitness • B20-3 — Fitness planning & training • B20-6 — Benefits of physical activity • C20-1 — Respectful communication • C20-3 — Fair play • C20-4 — Leadership/followership • C20-5 — Teamwork • C20-6 — Respect for self/others • D20-1 — Active lifestyle • D20-3 — Safety • D20-4 — Warm-up/cool-down • D20-5 — First aid & hazards • D20-6 — Goal setting • D20-9 — Active-living decisions	• A20-13 — Individual activity skills • B20-2 — Personal fitness • B20-3 — Fitness planning & training • B20-6 — Benefits of physical activity • B20-8 — Stress management • C20-1 — Respectful communication • C20-2 — Positive Active Living • C20-3 — Fair play • C20-4 — Leadership/followership • C20-5 — Teamwork • C20-6 — Respect for self/others • D20-1 — Active lifestyle • D20-3 — Safety • D20-4 — Warm-up/cool-down • D20-5 — First aid & hazards • D20-6 — Goal setting • D20-9 — Active-living decisions	• A20-13 — Individual activity skills • B20-1 — Nutrition & performance • B20-2 — Personal fitness • B20-3 — Fitness planning & training • B20-5 — Performance-enhancing substances & body image • B20-6 — Benefits of physical activity • B20-8 — Stress management • C20-1 — Respectful communication • C20-3 — Fair play • C20-4 — Leadership/followership • C20-5 — Teamwork • C20-6 — Respect for self/others • D20-1 — Active lifestyle • D20-2 — Active Lifestyle • D20-3 — Safety • D20-4 — Warm-up/cool-down • D20-5 — First aid & hazards • D20-6 — Goal setting • D20-9 — Active-living decisions	• A20-13 — Individual activity skills • B20-7 — Well-being • C20-1 — Respectful communication • C20-3 — Fair play • C20-4 — Leadership/followership • C20-5 — Teamwork • C20-6 — Respect for self/others • D20-2 — Active Lifestyle • D20-3 — Safety • D20-4 — Warm-up/cool-down • D20-5 — First aid & hazards • D20-6 — Goal setting • D20-8 — Service/leadership/volunteering • D20-9 — Active-living decisions
Assessment / Evaluation / Communication	<u>Cognitive domain</u> Learning Logs: -Running log & goal setting <u>Affective domain</u> Observations: -Cooperation outcomes -Effort/participation in Dance - <u>Psychomotor domain</u> Observations: -Locomotion outcomes -Manipulation outcome (eg: throwing)	<u>Cognitive domain</u> Project - Adapted sports poster Learning Logs: - Running log & goal setting <u>Affective domain</u> Observations: -Fair play outcomes -Effort/participation in Gymnastics Self-Assessment -Positive attitude <u>Psychomotor domain</u> Self-Assessment:	<u>Cognitive domain</u> Test: -CPR/first aid training <u>Affective domain</u> Self-Assessment -Leadership & teamwork outcomes <u>Psychomotor domain</u> Performance Task -Create and perform a choreographed dance Observations -Manipulation outcome (eg: striking)	<u>Cognitive domain</u> Project -Importance of personal fitness, wellbeing & nutrition portfolio/collage <u>Affective domain</u> Self-Assessment - Cooperation outcomes <u>Psychomotor domain</u>	<u>Cognitive domain</u> <u>Affective domain</u> Observations: -Effort/participation in Alternative environments <u>Psychomotor domain</u> Performance Task -Create and perform a choreographed gymnastics routine Self-Assessment -Manipulation outcome (eg: dribbling)

		-Manipulation outcome (eg: kicking) Observation -Manipulation outcome (eg: catching & receiving)			
Resources/ Facility	Facilities: • Gymnasium • Fitness/weight room • Classroom • Softball diamond • Outdoor track/field • Tennis courts • Golf driving range • Swimming pool • Veladrom/cycling facility • Canoeing/waterfront facility • Outdoor orienteering/trail Resources: -Running/fitness testing sheets -Stopwatches/timers -Orienteering maps and compasses -Canoe	Facilities: • Gymnasium • Fitness/weight room • Outdoor field • Softball diamond • Swimming pool • Hiking trails/park • Bowling alley • Golf/practice facility • Table tennis area • Gymnastics centre • Accessible ice rink Resources: -Running/fitness testing sheets -Stopwatches/timers -Sledge hockey equipment -Spikeball sets -Goalballs and eye shades	Facilities: • Gymnasium • Fitness/weight room • Classroom/training space • Ice rink • Swimming pool/aquatic centre • Dance studio or open gym space • Outdoor field as needed Resources: -Running/fitness tracking sheets -Fitness stations sheets and exercise equipment -CPR training manikin and AED trainer -Scuba Instruction Team & Scuba Equipment	Facilities: • Gymnasium • Fitness/weight room • Classroom • Archery range • Racquetball/squash courts • Dance studio/open gym • Self-defense field trip Resources: -Indigenous activity coordinator come into the school to teach traditional games -Running/fitness tracking sheets -Health/nutrition resources -Stress-management materials -Performance-enhancing substance resources -Resistance-training equipment -Archery bows, arrows and targets & protective archery equipment	Facilities: • Gymnasium • Outdoor winter trails/fields • Climbing gym • Ice rink • Curling rink • Badminton courts/gym • Pickleball courts/gym • Gymnastics facility • Mini Golf field trip Resources: -Broomball sticks, balls and protective equipment

Assessment & evaluation:

Psychomotor domain → 30%

- I. Observe basic skills locomotion
- II. Observe basic skills manipulation - striking, throwing & catching
- III. Self-assessment of manipulation - kicking & dribbling
- IV. Performing a dance routine
- V. Performing a gymnastics routine

Affective Domain → 40%

- I. Observe cooperation
- II. Observe fair play
- III. Self-assessment of teamwork & leadership
- IV. Self-assessment of attitude
- V. Self-assessment of cooperation
- VI. Effort/Participation in alternate environment activities in alternate environment activities
- VII. Effort/Participation in gymnastics
- VIII. Effort/Participation in dance

Cognitive domain → 30%

- I. CPR/first aid training test
- II. Adaptive sport poster
- III. Fitness running logs & goal setting
- IV. Importance of personal fitness, wellbeing & nutrition portfolio/collage