

PSPE – Active Living Scope and Sequence

	Phase 1	Phase 2	Phase 3	Phase 4
Overall expectations	Learners show an awareness of how daily practices, including exercise, can have an impact on well-being. They understand that their bodies change as they grow. They explore the body's capacity for movement, including creative movement, through participating in a range of physical activities. Learners recognize the need for safe participation when interacting in a range of physical contexts.	Learners recognize the importance of being physically active, making healthy food choices, and maintaining good hygiene in the development of well-being. They explore, use and adapt a range of fundamental movement skills in different physical activities and are aware of how the body's capacity for movement develops as it grows. Learners understand how movements can be linked to create sequences and that these sequences can be created to convey meaning. They understand their personal responsibilities to themselves and others in relation to safety practices.	Learners understand the factors that contribute to a healthy lifestyle. They understand that they can enhance their participation in physical activities through developing and maintaining physical fitness, refining movement skills, and reflecting on technique and performance. Learners are able to identify different stages of life and understand that rates of development are different for everyone. Learners understand that there are potential positive and negative outcomes for risk-taking behaviours and are able to identify these risks in order to maximize enjoyment and promote safety.	Learners understand the interconnectedness of the factors that contribute to a safe and healthy lifestyle, and set goals and identify strategies that will help develop well-being. They understand the physical, social and emotional changes associated with puberty. They apply movement skills appropriately, and develop plans to help refine movements, improve performance and enhance participation in a range of physical contexts.
Conceptual understandings	<ul style="list-style-type: none"> • Our daily practices can have an impact on our well-being. • We can observe changes in our bodies when we exercise. • Our bodies change as we grow. • We can explore our body's capacity for movement. • Our bodies can move creatively in response to different stimuli. • Safe participation requires sharing space and following rules. 	<ul style="list-style-type: none"> • Regular exercise is part of a healthy lifestyle. • Food choices can affect our health. • Maintaining good hygiene can help to prevent illness. • Growth can be measured through changes in capability as well as through physical changes. • We can apply a range of fundamental movement skills to a variety of activities. • Movements can be used to convey feelings, attitudes, ideas or emotions. • The use of responsible practices in physical environments can contribute to our personal safety and the safety of others. 	<ul style="list-style-type: none"> • Regular exercise, hydration, nutrition and rest are all important in a healthy lifestyle. • We can develop and maintain physical fitness by applying basic training principles. • People go through different life stages, developing at different rates from one another. • Attention to technique and regular practice can improve the effectiveness of our movements. • A dynamic cycle of plan, perform and reflect can influence a creative movement composition. • There are positive and negative outcomes for taking personal and group risks that can be evaluated in order to maximize enjoyment and promote safety. 	<ul style="list-style-type: none"> • Identifying and participating in activities we enjoy can motivate us to maintain a healthy lifestyle. • There is a connection between exercise, nutrition and physical well-being. • Setting personal goals and developing plans to achieve these goals can enhance performance. • There are physical, social and emotional changes associated with puberty. • Appropriate application of skills is vital to effective performance. • Complexity and style adds aesthetic value to a performance. • Understanding our limits and using moderation are strategies for maintaining a safe and healthy lifestyle.

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Learning outcome	<p>Learners engage in a variety of different physical activities</p> <p>Learners demonstrate an awareness of how being active contributes to good health</p> <p>Learners demonstrate an awareness of basic hygiene in their daily routines</p> <p>Learners identify some of the effects of different physical activity on the body</p> <p>Learners explore and reflect on the changing capabilities of the human body</p> <p>Learners develop a range of fine and gross motor skills</p> <p>Learners explore creative movements in response to different stimuli</p> <p>Learners recognize that acting upon instructions and being aware of others helps to ensure safety.</p>	<p>Learners recognize the importance of regular exercise in the development of well-being</p> <p>Learners identify healthy food choices</p> <p>Learners communicate their understanding of the need for good hygiene practices</p> <p>Learners reflect on the interaction between body systems during exercise</p> <p>Learners explain how the body's capacity for movement develops as it grows</p> <p>Learners use and adapt basic movement skills (gross and fine motor) in a variety of activities</p> <p>Learners explore different movements that can be linked to create sequences</p> <p>Learners display creative movements in response to stimuli and express different feelings, emotions and ideas</p> <p>Learners reflect upon the aesthetic value of movement and movement sequences</p> <p>Learners understand the need to act responsibly to help ensure the safety of themselves and others.</p>	<p>Learners identify ways to live a healthier lifestyle</p> <p>Learners understand how daily practices influence short- and long-term health</p> <p>Learners understand that there are substances that can cause harm to health</p> <p>Learners demonstrate an understanding of the principles of training in developing and maintaining fitness</p> <p>Learners identify different stages of life and how these can affect physical performance</p> <p>Learners develop plans to improve performance through technique refinement and practice</p> <p>Learners demonstrate greater body control when performing movements</p> <p>Learners self-assess performance and respond to feedback on performance from others</p> <p>Learners plan, perform and reflect on movement sequences in order to improve</p> <p>Learners identify potential personal and group outcomes for risk-taking behaviours.</p>	<p>Learners reflect and act upon their preferences for physical activities in leisure time</p> <p>Learners understand the interdependence of factors that can affect health and well-being</p> <p>Learners identify realistic goals and strategies to improve personal fitness</p> <p>Learners identify and discuss the changes that occur during puberty and their impact on well-being</p> <p>Learners exhibit effective decision-making processes in the application of skills during physical activity</p> <p>Learners introduce greater complexity and refine movements to improve the quality of a movement sequence</p> <p>Learners recognize the importance of moderation in relation to safe personal behaviour.</p>