

ABCs (Adventure Based Challenges)

Description: Students are challenged with problem solving activities that encourage them to think 'outside the box' and rely on each other to complete the task. Communication, teamwork, and encouragement are a main focus.

Learning Skills: Initiative, Organization, and Collaboration

Grade 5- 8: Health and Physical Education

Overall:

Living Skills: Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

A1 Active Participation: Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how personal motivation factors can be used to encourage participation in physical activity

Specific

1.1 Personal Skills: Use self-awareness and self-monitoring to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in various physical activities, develop movement competence, and acquire knowledge and skills related to healthy living

1.3 Interpersonal Skills: Communicate effectively, using verbal or non-verbal means, as appropriate, and interpret information and acquire knowledge and skills related to healthy living.

1.5 Critical and Creative Thinking: Use a range of critical and creative thinking skills and processes to assist them in making connections, planning and setting goals, analysing and solving problems, making decisions and evaluation their choices in connection with learning in health and physical education.

A1.1 Actively participate according to their capabilities in a wide variety of program activities.