






Sub-Strand/Topic Titles

<p>1. Movement</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Basic Movement Skills ✓ Skill Development Process ✓ Mechanical Principles ✓ Movement Concepts ✓ Rules ✓ Terminology ✓ Game Strategies ✓ Teamwork and Fair Play 	<p>Skills</p> <ul style="list-style-type: none"> ✓ Transport ✓ Manipulation ✓ Balance ✓ Individual/Dual Activities ✓ Group/Team Activities ✓ Officiating Skills ✓ Alternative Pursuits ✓ Rhythmic Activities ✓ Gymnastic-type Activities
<p>2. Fitness Management</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Fitness Components ✓ Fitness Benefits ✓ Exercise Physiology ✓ Training Principles ✓ Warm-Up/Cool Down ✓ Motivational Factors 	<p>Skills</p> <ul style="list-style-type: none"> ✓ Active Participation ✓ Heart-Rate Monitoring ✓ Fitness Assessment and Analysis
<p>3. Safety</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Physical Activity Safety ✓ Exercise Safety ✓ Dress/Footwear ✓ Equipment and Facilities ✓ Alternative Pursuits ✓ Community Safety Awareness ✓ Environmental Safety Awareness 	<ul style="list-style-type: none"> ✓ Prevention and Care of Injuries ✓ Community Support and Services ✓ Violence Prevention ✓ Personal Safety <p>Skills</p> <ul style="list-style-type: none"> ✓ Physical Activity ✓ First Aid
<p>4. Personal/Social Management</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Self-Awareness/Self-Esteem ✓ Goal-Setting ✓ Decision-Making/Problem-Solving ✓ Social Responsibility ✓ Relationships ✓ Conflict Resolution Process ✓ Avoidance and Refusal Strategies ✓ Feelings and Emotions ✓ Elements of Stress ✓ Effects of Stress ✓ Stress Management Strategies 	<p>Skills</p> <ul style="list-style-type: none"> ✓ Goal-Setting/Planning ✓ Decision-Making/Problem-Solving ✓ Interpersonal Skills ✓ Conflict Resolution Skills ✓ Stress-Management Skills
<p>5. Healthy Lifestyle Practices</p> 	<p>Knowledge</p> <ul style="list-style-type: none"> ✓ Personal Health Practices ✓ Illness/Disease Prevention ✓ Dental Health ✓ Benefits of Physical Activity ✓ Physical Activity Choices ✓ Influence of Technology on Physical Activity ✓ Healthy Eating ✓ Food and Fluid for Active Bodies ✓ Helpful and Harmful Substances ✓ Effects of Substance Use 	<ul style="list-style-type: none"> ✓ Factors Affecting Substance Use ✓ Biological Growth and Development ✓ Psychological Factors ✓ Sociological Factors ✓ Health Issues <p>Skills (Decision-Making/Problem-Solving for)</p> <ul style="list-style-type: none"> ✓ Personal Health Practices ✓ Active Living ✓ Healthy Food Choices ✓ Substance Use and Abuse ✓ Human Sexuality