

Lesson 1: Personal Physical Activity Inventory

Introduction

In this lesson students reflect on their understanding of an active healthy lifestyle. They also reflect on their own personal situation and what is required of them to meet the requirements for the physical activity practicum.



Specific Learning Outcome

11.PA.1 Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to health-related fitness goals.



Background Information

Purpose of Physical Activity Practicum

Manitobans are concerned with the health of children and youth, specifically in the areas of nutrition, physical activity, and injury prevention. The intent of this course is to have parents, students, and schools “work together to help youth take greater ownership of their own physical fitness, promote the discovery of activities suited to their own individual interests, and encourage active lifestyles that persist into their futures” (Healthy Kids 25).

REFERENCE



For additional information, refer to the following report:

Healthy Kids, Healthy Futures All-Party Task Force. *Healthy Kids, Healthy Futures: Task Force Report*. Winnipeg, MB: Manitoba Healthy Living, n.d. Available online at <www.gov.mb.ca/healthykids/>.

Requirements for Physical Activity Practicum

The Grade 11 Active Healthy Lifestyles course requires students to demonstrate achievement of learning outcomes in the three course components, Physical Activity Practicum, Core Component, and Flexible Delivery Component, as applicable.

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