

PE30.3

Body Management – Explore how participation in body management activities affects the wellbeing of self and community.

Indicators for this outcome

- (a) Participate in body management activities (e.g., dance, pilates, yoga, aquatics, karate, walking, spinning/cycling, Zumba, Tai Chi and aerobics classes) that are available in the community.
- (b) Explore potential use of community space (e.g., rink, golf course, community green space, parks, walking/bike path, recreation center and public/private gyms) for body management activities.
- (c) Propose body management activities that address a community need.
- (d) Examine the physical, emotional, mental and spiritual benefits of participation in First Nations and Métis body management activities (e.g., jigging, hoop dance, pow wow and hand games).
- (e) Demonstrate leadership through organization and participation in a chosen community-based body management activity.
- (f) Document your leadership role in a community-based body management activity.
- (g) Reflect on how participation in community-based body management activities has enhanced personal leadership skills.
- (h) Compile the participants' perceptions of the impact of a community-based body management activity on their well-being.
- (i) Discuss how self and community may benefit physically, emotionally, mentally and spiritually from participation in body management activities.