

PE30.4

Movement in Multiple Environments – Investigate how movement in multiple environments promotes lifelong physical activity for self and others.

Indicators for this outcome

- (a) Examine the potential lifelong benefits, for self and others, from participating in physical activities within multiple environments (e.g., in the air; on the land; on snow and ice; and in and on water).
- (b) Participate in physical activities (e.g., fitness, leisure and/or competitive) in multiple environments.
- (c) Construct first aid and safety plans that support physical activity in multiple environments.
- (d) Analyze the advantages and disadvantages of technology (e.g., global positioning satellite, adjustable dumbbells, fitness and activity tracker, exercise ball and clothing/footwear) used during physical activities.
- (e) Investigate, and follow when appropriate, First Nations and Métis protocols, traditional knowledge and practices when engaging in experiences within the outdoor environment.
- (f) Demonstrate respect for the natural environment through stewardship.
- (g) Document and reflect on how participation in physical activities within multiple environments contributes to the lifelong well-being of self.
- (h) Research and design a group physical activity outside of the community while considering logistical and financial details (e.g., destination, budget, equipment, nutrition and transportation).
- (i) Propose potential solutions for challenges (e.g., certifications, resources and geographical location) that may limit participation in physical activities outside of the community.