**Application Form for Grades K – 12**

**Projects, presentations, materials and resources in Yukon schools**

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| Application for: Projects, Presentations \_\_\_\_\_  Resources, Materials \_\_\_\_\_ | | | | |
| Agency/Department: Yukon Organics / Sparkle & Wild  Date of Submission: 30/07/2021  Contact Name: Scott McKenzie  Phone Number: 688 8781  Email: Scottm033@gmail.com | | | | |
| Request initiated by: | | | | |
| Title of project, presentation, resource or material:  Stillness, Physical Literacy, Yoga, Breathwork | | | | |
| Grade | [Subject](https://curriculum.gov.bc.ca/curriculum) | Big Ideas | Curricular Competencies | Content |
| K-3 | Physical and Health Education | Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living.  Good health comprises physical, mental, and emotional well-being. | Identify opportunities to be physically active at school, at home, and in the community  Identify and describe practices that promote mental well-being | how to participate in different types of physical activities, including [individual and dual activities](https://curriculum.gov.bc.ca/curriculum/physical-health-education/K/core#;), [rhythmic activities](https://curriculum.gov.bc.ca/curriculum/physical-health-education/K/core#;), and [games](https://curriculum.gov.bc.ca/curriculum/physical-health-education/K/core#;)  [practices](https://curriculum.gov.bc.ca/curriculum/physical-health-education/K/core) that promote health and well-being |
| 4-7 | Physical and Health Education | Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.  Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.  Personal choices and social and environmental factors influence our health and well-being. | Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments  Identify and apply strategies for pursuing personal healthy-living goals  Describe and assess strategies for promoting mental well-being | how to participate in different types of physical activities, including [individual and dual activities](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;), [rhythmic activities](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;), and [games](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;)  practices that promote health and well-being, including those relating to [physical activity](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;), [sleep](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;), [healthy eating](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;), and [illness prevention](https://curriculum.gov.bc.ca/curriculum/physical-health-education/4/core#;) |
| 8-10 | Physical and Health Education | Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.  Healthy choices influence our physical, emotional, and mental well-being. | Develop and apply a variety of movement concepts and strategies in different physical activities  Describe and assess strategies for promoting mental well-being, for self and others | proper technique for fundamental movement skills, including [non-locomotor](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;), [locomotor](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;), and [manipulative](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;) skills,  [movement concepts](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;) and [strategies](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;)  how to participate in different types of physical activities, including [individual and dual activities](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;), [rhythmic activities](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;), and [games](https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core#;) |
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| How will this presentation, project, resource or material enhance Yukon schools?  Healthy choices include physical, emotional and mental aspects. Exposure to, and combining of tools to enhance all aspects provide participants the opportunity to learn more about self and develop skills that help them in their passions and within society. | | | | |
| Please list and attach any professional review of this work.  Nikki Krocker, Shelly Pynoo (Calgary Board of Education), Bob Mckay (Former Principal Vilna School) | | | | |
| Any additional information that you would like to supply should be provided on separate pages.  Curriculums are grade level specific and can be provided upon request. | | | | |
| Forward application to the Project Approval Committee: [curriculum@gov.yk.ca](mailto:curriculum@gov.yk.ca) | | | | |
| Department Resource Committee Review Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
| Approved: Yes \_\_\_\_\_ No \_\_\_\_\_  Reasons if application is declined: | | | | |
| Approved for: | | | | |
| Restrictions, if any: | | | | |