



Vancouver Island

Physical and Health Education Y Outdoor Centre Camp Thunderbird Curriculum Connections Grade K-2

Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships. (K)

Learning how to participate and move our bodies in different physical activities helps us develop physical literacy. (2)

Good health comprises physical, mental, and emotional well-being. (1)

Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. (2)

Good health comprises physical, mental, and emotional well-being. (1)

Competencies (Grade)	Activities at Camp	Content (Grade)	Activities at Camp
Develop and demonstrate safety, fair play, and leadership in physical activities (K-2)	Teambuilding, Archery, Rock climbing, Low Ropes	proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills (K-2)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low ropes
Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments (K-3)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low Ropes	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games (K-2)	Teambuilding, Mass games, Campfire, Low ropes, Rock climbing, Swimming
Explain how participation in outdoor activities supports connections with the community and environment (2)	Canoeing, Kayaking, Hiking, Nature walk, Camp Craft	caring behaviours in groups and families (K-1)	Camp philosophies (throughout programs), Teambuilding
Develop and demonstrate respectful behaviour when participating in activities with others (2)	Teambuilding, Rock Climbing, Watersports	relationships between food, hydration, and health (K)	Communal camp living, dining, self care (throughout programs)



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Physical and Health Education Y Outdoor Centre Camp Thunderbird Curriculum Connections Grade 3-5

Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. (3-4)

Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle. (4-5)

Personal choices and social and environmental factors influence our health and well-being. (4-5)

Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. (3)

Developing healthy relationships helps us feel connected, supported, and valued. (5)

Competencies (Grade)	Activities at Camp	Content (Grade)	Activities at Camp
Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (3-5)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low Ropes	proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills (3-5)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low Ropes
Develop and apply a variety of movement concepts and strategies in different physical activities (3-5)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low Ropes	practices that promote health and well-being, including those relating to physical activity, sleep, and illness prevention (3-4)	Camp living (throughout programs), Overnight Out-trips,
Describe and apply strategies that promote a safe and caring environment (3-5)	Camp living (throughout programs), Overnight Out-trips, Teambuilding, Low Ropes	movement concepts and strategies (3-5)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low ropes, Mass games



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Physical and Health Education Y Outdoor Centre Camp Thunderbird Curriculum Connections Grade 6-9

Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. (7-9)

Physical literacy and fitness contribute to our success in and enjoyment of physical activity. (6-7)

Healthy choices influence our physical, emotional, and mental well-being. (8)

Healthy relationships can help us lead rewarding and fulfilling lives. (6-9)

Learning about similarities and differences in individuals and groups influences community health. (7)

Competencies (Grade)	Activities at Camp	Content (Grade)	Activities at Camp
Develop and demonstrate safety, fair play, and leadership in physical activities (6-9)	Teambuilding, Watersports, Hiking, Overnight Out-trips, Low Ropes	movement concepts and strategies (6-9)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low ropes, Mass games
Identify and describe preferred types of physical activity (6-9)	Options to try activities not available in schools: watersports, rock climbing, archery, atlatl	proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills (6-9)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low ropes
Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (6-9)	SUP, Kayaking, Canoeing, Archery, Rock Climbing, Atlatl, Hiking, Swimming, Low Ropes, Overnight out-trips	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games (6-9)	Teambuilding, Mass games, Campfire, Low ropes, Rock Climbing, Swimming