

# Integrating BC Curriculum with TPACK

# Curricular Competencies

## Health and Active Living (PHE10)

### Competency

### Learning Activity

### Supportive Technology

1 Participate in physical activities designed to enhance and maintain health components of fitness

Brainstorm ideas to increase participation in extra-curricular physical activity

Strava App

FitBod App

2 Plan ways to overcome potential barriers to participation in activity

Record, track, and set goals of physical activity to stay motivated

Pedometers

3 Analyze and explain how health messages might influence health and well being

Explore healthy social media habits and investigate myths

Social Media Apps

4 Identify and apply strategies to pursue personal healthy living goals

Create weekly/monthly goals, track progress, self reflect

MyFitnessPal App

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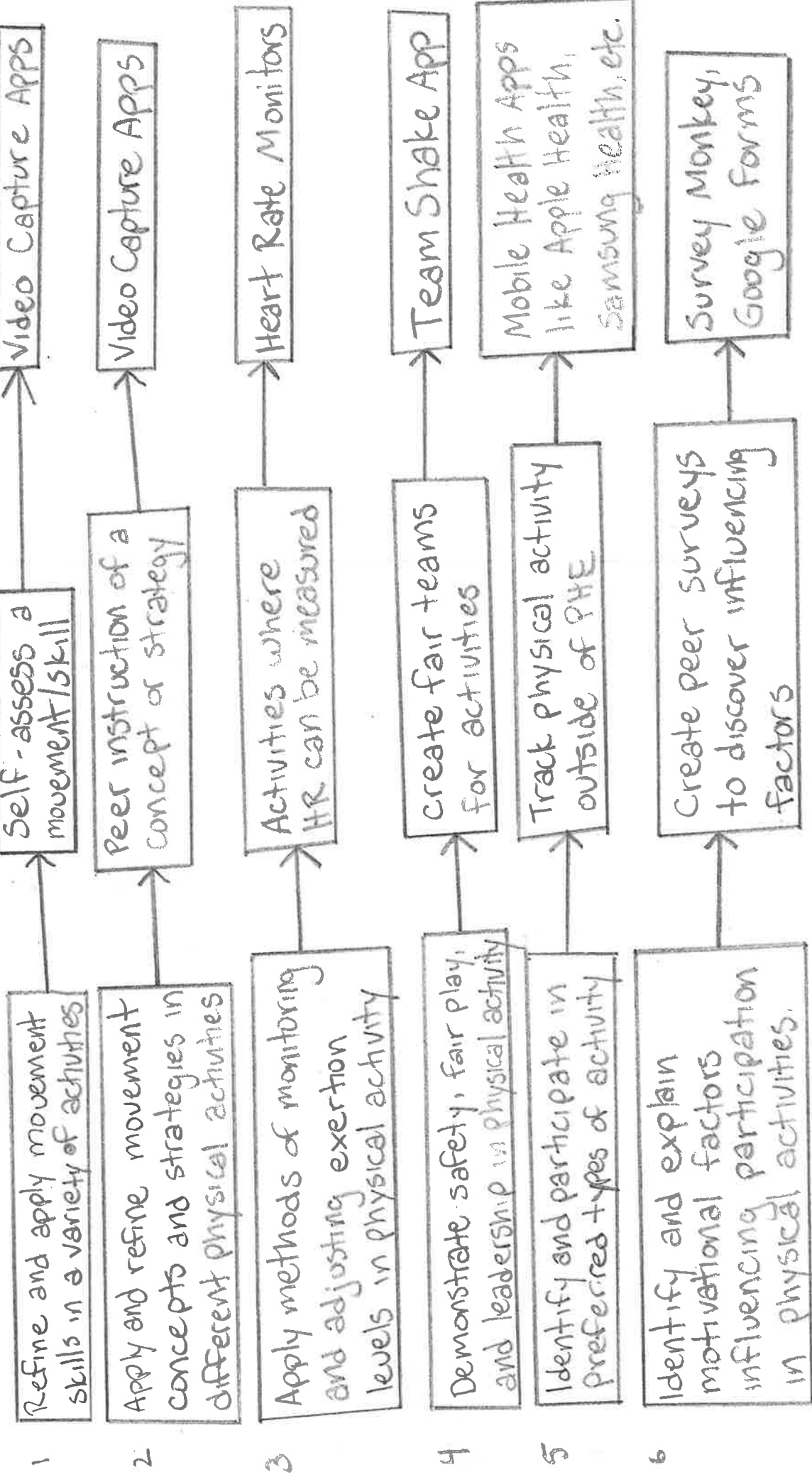
# Curricular Competencies

## Physical Literacy (PHEd)

### Competency

### Learning Activity

### Supportive Technology



1 Refine and apply movement skills in a variety of activities

Self-assess a movement/skill

Video Capture Apps

2 Apply and refine movement concepts and strategies in different physical activities

Peer instruction of a concept or strategy

Video Capture Apps

3 Apply methods of monitoring and adjusting exertion levels in physical activity

Activities where HR can be measured

Heart Rate Monitors

4 Demonstrate safety, fair play, and leadership in physical activity

create fair teams for activities

Team Shake App

5 Identify and participate in preferred types of activity

Track physical activity outside of PHE

Mobile Health Apps like Apple Health, Samsung Health, etc.

6 Identify and explain motivational factors influencing participation in physical activities.

Create peer surveys to discover influencing factors

Survey Monkey, Google Forms

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## Curricular Competencies

### Social and Community Health and Mental Well-Being (PHEB)

#### Competency

#### Learning Activity

#### Supportive Technology

