

Movement Skills and Healthy Relationships (Grade 6)

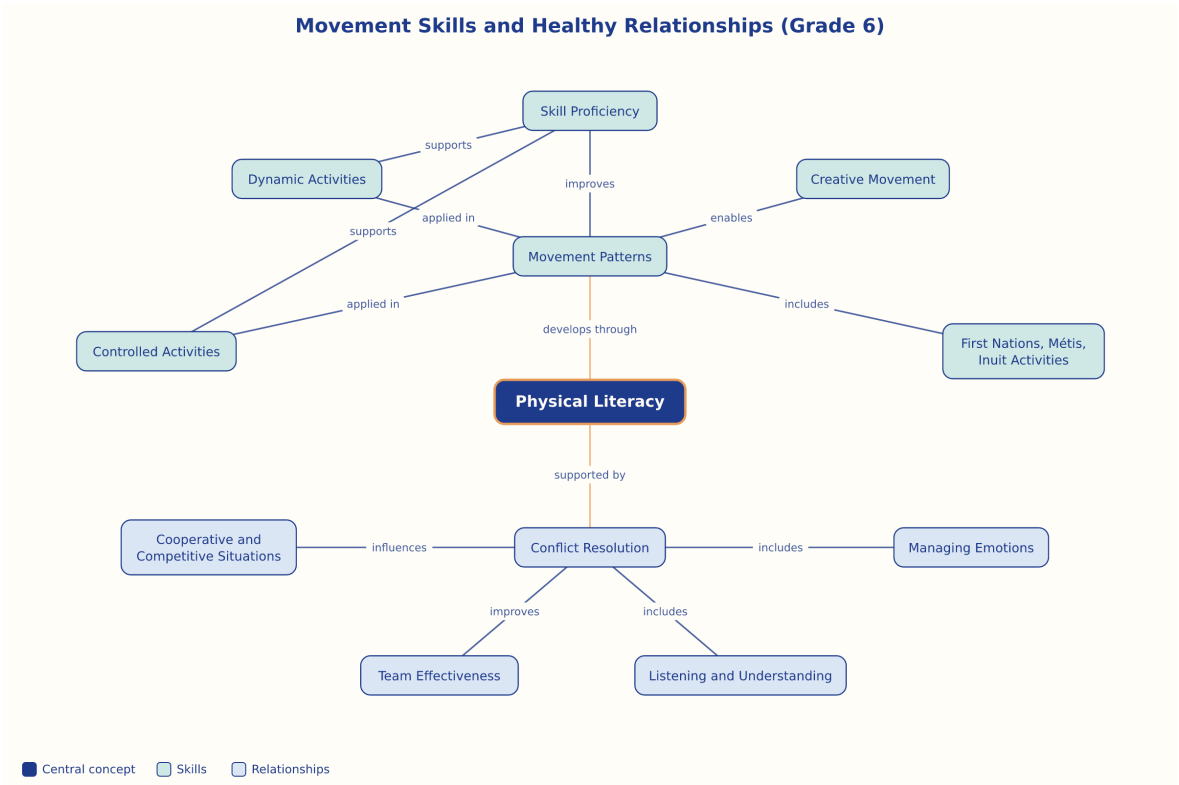
Central concept: **Physical Literacy**

Connections

- Physical Literacy (develops through) -> Movement Patterns
- Physical Literacy (supported by) -> Conflict Resolution
- Movement Patterns (applied in) -> Controlled Activities
- Movement Patterns (applied in) -> Dynamic Activities
- Movement Patterns (improves) -> Skill Proficiency
- Movement Patterns (enables) -> Creative Movement
- Movement Patterns (includes) -> First Nations, Métis, Inuit Activities
- Controlled Activities (supports) -> Skill Proficiency
- Dynamic Activities (supports) -> Skill Proficiency
- Conflict Resolution (supports) -> Engagement in Physical Activity
- Conflict Resolution (supports) -> Engagement in Physical Activity
- Conflict Resolution (supports) -> Engagement in Physical Activity
- Cooperative and Competitive Situations (influences) -> Conflict Resolution

Notes

- **Physical Literacy:** Development through movement and active living supporting well-being
[Outcome](#), [Outcome](#)
- **Movement Patterns:** Movements that enable the body to respond to stimuli; can be customized and transferred across activities [Knowledge](#), [Knowledge](#)
- **Controlled Activities:** Structured, individual, or partnered activities allowing repeated practice of movement skills [Knowledge](#)
- **Dynamic Activities:** Fluid and changing activities requiring immediate decision making and skill refinement [Knowledge](#)
- **Skill Proficiency:** Accuracy, speed, and competence developed through adapting movement patterns [Skills](#)
- **Creative Movement:** Using objects, tempo, rhythm, and adaptation to develop movement combinations and sequences [Knowledge](#), [Understanding](#)
- **Conflict Resolution:** Practices to manage disagreements and support engagement in physical activity [Outcome](#), [Knowledge](#)
- **Team Effectiveness:** Influenced by ability to manage conflict and collaborate toward shared goals [Understanding](#)
- **Managing Emotions:** Acknowledging feelings as part of conflict resolution practice [Knowledge](#)
- **Listening and Understanding:** Clarifying facts and listening to understand others' perspectives in conflict [Knowledge](#)
- **Cooperative and Competitive Situations:** Different contexts that influence how individuals experience and resolve conflict [Knowledge](#), [Understanding](#)
- **First Nations, Métis, Inuit Activities:** Unique and diverse movement patterns providing opportunities to develop and enhance skill [Knowledge](#)



Movement Skills and Healthy Relationships (Grade 6)