MVA 11 outcomes

**MODULE 1: Active Lifelong Pursuits**

SCO 1.1 demonstrate competence in a variety of lifelong physical activities

SCO 1.2 demonstrate competence in a variety of modes of active transportation, applying appropriate safety procedures and exploring opportunities and challenges

SCO 1.3 lead an active game in a natural setting that would be inclusive of and appealing to all ages and abilities, and explain the value of play in leisure time throughout the lifespan

SCO 1.4 experience and reflect upon diverse lifelong outdoor recreation activities, as environmentally conscious participants

**MODULE 2: Community Participation**

SCO 2.1 demonstrate awareness of the range of human and physical resources, including natural and built environments, supportive of physical activity, sport, and recreation in the community, region, and province

SCO 2.2 identify barriers and solutions to participation in their physical activity interests in regard to cost, time, and access based upon a projected disposable income

SCO 2.3 locate, access, and participate at the moderate to vigorous intensity level in a new physical activity experience, structured or unstructured, available in their community

SCO 2.4 facilitate a learning experience that promotes active, healthy living within their school and/or community

SCO 2.5 apply their understanding of fair play and monitor their own behaviour in a variety of physical activities

**MODULE 3: Personal Fitness and Goal Setting**

SCO 3.1 assess their personal level of health-related physical fitness

SCO 3.2 develop a fitness plan using a goal-setting approach

SCO 3.3 demonstrate an understanding of health-related fitness components and how to use them to improve personal fitness levels

SCO 3.4 apply the principles of training within a personal fitness plan and analyze how these principles can help to improve or maintain personal fitness levels

SCO 3.5 set goals to increase skill level in a physical activity of choice and monitor, document, and reflect on progress over time

**MODULE 4: Healthy Living**

SCO 4.1 explain the role that healthy eating and physical activity play in enhancing mental health, disease prevention, and addition prevention

SCO 4.2 identify community resources that address and enhance mental health, and recognize harms associated with delayed treatment of mental illness

SCO 4.3 examine consumer rights and critically analyze issues related to health and fitness services and products

SCO 4.4 investigate a health issue of relevance to youth, including its impact personally, regionally, and globally