



Adventures in learning, created by Canadian dietitians

Grades 6-8
Curriculum
Connections
Physical
Activity

MISSION NUTRITION® resources for Kindergarten to Grade 8 are available in English and French at www.missionnutrition.ca or by calling 1-888-876-3750.



MISSION OBJECTIVES

LEARNING EXPECTATIONS

SUBJECTS

MISSION 1 - FITNESS FUN

Students explore different kinds of physical activities and factors that influence their activity patterns.

1. Identify different kinds of physical activities.
2. Understand the factors that influence activity patterns.

- ☆ Physical Education
- ☆ Health
- ☆ Language
- ☆ Art

MISSION 2 - FITNESS BENEFITS

Students explore the benefits of active living, develop and adopt a personal goal to increase daily activity.

1. Describe the benefits of active living.
2. Develop and adopt personal goals to increase daily activity.

- ☆ Physical Education
- ☆ Health
- ☆ Language

MISSION 3 - FITNESS CHALLENGES

Students explore barriers that limit their physical activity and develop strategies for overcoming these challenges.

1. Identify barriers that limit their physical activity.
2. Develop strategies to overcome barriers to physical activity.

- ☆ Physical Education
- ☆ Health
- ☆ Language

