

Dette er en oversettelse av den fastsatte læreplanteksten. Læreplanen er fastsatt på Bokmål

Laid down as a regulation by the Ministry of Education and Research on 8 June 2012.

Valid from 01.08.2012

Valid to 31.07.2020



Utgått

Purpose

Elective subjects shall help pupils develop a desire to learn and experience a sense of mastery, individually and as a group, through practical and varied work. Elective subjects are interdisciplinary subjects that contribute to comprehensive and contextual learning.

Human beings are able to stay physical active throughout their entire lifetime. Forming the foundation for good habits of staying physically active and healthy begin in the childhood and adolescent years. Having a healthy and physically active population is a great benefit to society. Society benefits greatly from citizens who think about and are aware of the relationship between physical activity, diet and health. Competence acquired in this context will be able to promote public health in general and prevent chronic diseases and injuries.

Learning in the elective subject of Physical Activity and Health will lead to better health and enjoyment of life for each pupil. Pupils will be able to participate in a wide range of motivational activities. In the elective subject, pupils will gain insight into the significance of a good balance between acquiring energy and consuming energy. Learning in the subject shall also contribute to developing knowledge and the ability to evaluate nutritional advice and recommendations for daily physical activity.

Participating in a wide range of physical activities is a central theme in the subject. Traditional team sports, individual athletic sports and physical training and exercise activities, different kinds of training and outdoor life are all elements one will find in learning that challenges pupils physically and provides them with positive experiences. Learning in the subject shall focus on enjoying movement, mastering skills, inspiring curiosity and cooperation, and thereby motivating pupils to be physically active before, during and after school. Activities that involve pupils in planning and adapting their particular skill levels will strengthen this objective. Learning in the subject shall also help pupils acquire knowledge that can help them develop healthy eating habits.

The elective subject takes its main elements from the subjects Physical Education and Food and Health. Certain elements from Natural Science may also be included in the elective.

Main subject areas

The elective subject is structured in two main subject areas. The main subject areas complement each other, and should be viewed in relation to one another.

Overview of the main subject areas:

Main subject areas	
Physical Activities	Nutrition and Health

The main subject area involves participating in different physical activities. The pupils will experience a sense of mastery and enjoyment by trying out new activities, testing their limits and interacting with others where and when it is natural to do so. The main subject area involves an opportunity to participate in a wide range of different physical activities. The main subject area covers outdoor activities and different kinds of training such as traditional team sports and individual athletics and training.

The main subject area covers knowledge about and practical experience in the relationship between physical activity, nutrition and the effect these have on one's own health. A central theme in the main subject area is personal planning and reflection over the relationship between physical activity, nutrition and health.

Teaching hours

The elective subject of Physical Activity and Health: 57 teaching hours per year

Teaching hours are given in 60-minute units

Basic skills

Basic skills are integrated into the competence aims for the subject, based on the specific needs of that subject.

Competence aims

Physical Activities

The aims of the studies are to enable pupils to

- participate in group or individual activities that can challenge both coordination and physical skills
- do their best, interact with one another and encourage co-pupils
- converse about the relationship between physical activity, mastery of skills and enjoying movement and physical activity

Nutrition and Health

The aims of the studies are to enable pupils to

- exchange viewpoints on contemporary advice and recommendations about nutrition and physical activity
- plan and execute one's own exercise and nutrition scheme
- make easy and nutritional meals

Assessment

Provisions for final assessment:

Overall achievement mark

Year level	Provisions
10th year level or the year in which the subject is completed	The pupils shall receive an overall achievement mark

Examination for pupils

Year level	Provisions
10th year level or the year in which the subject is completed	There is no examination in the subject

Examination for external candidates

Year level	Provisions
10th year level or the year in which the subject is completed	There are no arrangements for participation by external candidates in the subject

The provisions for assessment are stipulated in the regulations of the Norwegian Education Act.