

PRE-K**A. PHYSICAL FITNESS & NUTRITION**

- 1. _____ Recognize that exercise increases your heart rate and keeps you healthy
- 2. _____ Perform stretching, muscle strengthening, & cardio-respiratory exercises
- 3. _____ Participate in daily exercise

B. MOVEMENT EXPLORATION

- 1. _____ Demonstrate ability to maintain personal (self) and general space
- 2. _____ Identify body parts & show body awareness
- 3. _____ Perform basic non-locomotor skills
- 4. _____ Demonstrate balancing on line or low beam
- 5. _____ Participate in a variety of perceptual motor & kinesthetic activities
- 6. _____ Explore a variety of objects & manipulative skills
- 7. _____ Perform a variety of creative movements
- 8. _____ Participate in action songs & dances
- 9. _____ Demonstrate lateral, uni-lateral, & cross-lateral movements
- 10. _____ Demonstrate side log rolls
- 11. _____ Explore rocking & forward rolls
- 12. _____ Demonstrate spatial and directional concepts while moving
- 13. _____ Uses smooth transitions between sequential motor skills (e.g. running into a jump)
- 14. _____ Uses locomotor skills in rhythmical patterns (even, uneven, fast, and slow)
- 15. _____ Uses control in weight-bearing activities on a variety of body parts (jumping & landing)
- 16. _____ Perform basic locomotive skills

C. GAME RELATED ACTIVITIES

- 1. _____ Participate in low organized group and tag games
- 2. _____ Demonstrate ability to follow rules and participate in partner, small groups, and large group activities
- 3. _____ Explore the parachute with class
- 4. _____ Use a variety of basic control skills with appropriate objects such as throwing, catching, and kicking

D. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Experiment with rolling, throwing, bouncing, kicking, & catching by self & with a partner
- 2. _____ Perform simple individual races and relay races

E. SAFETY/FIRST AID

- 1. _____ Demonstrate safe use of PE equipment
- 2. _____ Describe the danger of sharp objects to the body
- 3. _____ Practice “stop, look, and listen”

F. COMMUNITY/CONSUMER HEALTH

- 1. _____ Recognize important safety equipment – life jackets, seat belts and helmets

G. GROWTH & DEVELOPMENT

- 1. _____ Recognize individual differences (appearance, behavior)

SAMPLE LESSON PLANS:

<http://www.pecentral.org/lessonideas/pelessonplans.html>

RESOURCES:

<http://www.teachervision.fen.com/physical-education/teacher-resources/6653.html>

<http://www.eduscapes.com/tap/taphealth.html>

www.unitedstreaming.com (for health videos)

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KINDERGARTEN**A. PERSONAL & MENTAL WELLNESS (SELF-CONCEPT & SELF-ESTEEM)**

- 1. _____ Participate in positive physical education experiences
- 2. _____ Identify body parts using games/songs, etc.
- 3. _____ Demonstrate individual responsibility
- 4. _____ Recognize the importance of feeling good about one's self
- 5. _____ Identify good things about one's self
- 6. _____ Recognize the qualities of a good friend
- 7. _____ Recognize body growth and change

B. PHYSICAL FITNESS & NUTRITION

- 1. _____ Recognize that exercise increases your heart rate and keeps you healthy
- 2. _____ Participate in daily exercise
- 3. _____ Perform stretching, muscle strengthening, & cardio respiratory exercises

C. MOVEMENT EXPLORATION

- 1. _____ Demonstrate ability to maintain personal (self) and general space safely
- 2. _____ Demonstrate spatial and directional concepts while moving
- 3. _____ Perform basic locomotor skills
- 4. _____ Perform basic non-locomotor skills
- 5. _____ Demonstrate balancing on line or low beam
- 6. _____ Participate in a variety of perceptual motor & kinesthetic activities
- 7. _____ Explore a variety of objects & manipulative skills
- 8. _____ Demonstrate basic rhythmical concepts and creative movements
- 9. _____ Participate in action songs & dances
- 10. _____ Demonstrate lateral, uni-lateral, & cross-lateral movements
- 11. _____ Demonstrate side log rolls
- 12. _____ Explore rocking & forward rolls
- 13. _____ Use control in weight-bearing activities on a variety of body parts (jumping and landing combinations of one and two feet, for take-offs, and landings)
- 14. _____ Use smooth transitions between sequential motor skills

D. CONFLICT RESOLUTION

- 1. _____ Practice sharing in work and play

E. GAME RELATED ACTIVITIES

- 1. _____ Participate in low-organized group games
- 2. _____ Demonstrate start and stop control
- 3. _____ Follow simple instructions in a game
- 4. _____ Follow rules for social interaction, sportsmanship, & listening skills in partner, small & large group games
- 5. _____ Demonstrate proper sportsmanship
- 6. _____ Demonstrate safety in group games
- 7. _____ Participate in tag games
- 8. _____ Participate in games utilizing the parachute
- 9. _____ Use a variety of basic control skills such as throwing, catching, dribbling, kicking and striking with appropriate objects
- 10. _____ Demonstrate appropriate handling and care for equipment safety

F. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Perform simple skills with manipulatives alone and with partner
- 2. _____ Participate in relay races
- 3. _____ Demonstrate movement of balancing on a line
- 4. _____ Experiment with rolling, throwing, bouncing, kicking, striking, & catching alone & with partner
- 5. _____ Demonstrate taking turns using a piece of equipment

G. LIFETIME ACTIVITIES

- 1. _____ Participate safely in all activities

H. SAFETY/FIRST AID

- 1. _____ Identify the rules for fire safety and the exits used for a fire drill
- 2. _____ Demonstrate play with others in a safe manner
- 3. _____ Recognize bicycle safety
- 4. _____ Practice “stop, look and listen”

I. COMMUNITY/CONSUMER HEALTH

- 1. _____ Explore the importance of safety equipment (seat belts, safety helmets, etc.)

J. GROWTH & DEVELOPMENT

- 1. _____ Identify individual differences (appearance, behavior)

SAMPLE LESSON PLANS:

<http://www.pecentral.org/lessonideas/pelessonplans.html>

RESOURCES:

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1ST GRADE**A. PERSONAL & MENTAL WELLNESS (SELF-CONCEPT & SELF-ESTEEM)**

1. _____ Participate in play and maintain a positive environment

B. PHYSICAL FITNESS & NUTRITION

1. _____ Recognize the value & benefits of being active & physically fit
2. _____ Participate in age-appropriate flexibility, strengthening & endurance exercises
3. _____ Participate in the President's Physical Fitness test (or other national test)
4. _____ Introduce jumping rope as a fitness activity
5. _____ Locate pulse at carotid artery
6. _____ Recognize the sides of the health triangle: mental, physical, & emotional
7. _____ Discriminate between healthy & non-healthy foods
8. _____ Recognize the food groups
9. _____ Recognize the relationship between nutrition, fitness, & rest
10. _____ Identify oxygen and food as fuel to supply the body with energy

C. MOVEMENT EXPLORATION

1. _____ Demonstrate ability to maintain personal space and move safely in general space
2. _____ Demonstrate spatial, directional, & level concepts while moving
3. _____ Explore shapes & sizes, colors, & numbers through movement
4. _____ Demonstrate basic locomotor, non-locomotor & perceptual-motor competency
5. _____ Participate in kinesthetic awareness activities
6. _____ Experiment with a variety of objects & manipulative skills
7. _____ Demonstrate primary rhythmical concepts
8. _____ Explore creative expression through movement
9. _____ Participate in action songs & simple dances
10. _____ Perform movements of animals & objects
11. _____ Perform side, forward, & shoulder rolls
12. _____ Perform a variety of static & dynamic balances on low beam
13. _____ Demonstrate movement and change in direction quickly in response to a signal
14. _____ Demonstrate taking turns using a piece of equipment
15. _____ Demonstrate movement in relationship to objects: over, under, behind, and through

D. STRESS MANAGEMENT

- 1. _____ Recognize that your best effort is more important than winning
- 2. _____ Demonstrate fair play and respect for others

E. GAME RELATED ACTIVITIES

- 1. _____ Participate in primary level games & activities with partner, small & large groups
- 2. _____ Demonstrate formations needed for various games (line, circle, etc.)
- 3. _____ Respond to directional concepts
- 4. _____ Participate in races & relays
- 5. _____ Participate in games utilizing a parachute
- 6. _____ Participate in obstacle courses
- 7. _____ Demonstrate use of sports equipment to increase the challenge in group games
- 8. _____ Demonstrate safety in all games
- 9. _____ Demonstrate sportsmanship in all games
- 10. _____ Stop activity immediately at a signal

F. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Use manipulatives to improve skills of throwing, catching, bouncing, kicking, etc.
- 2. _____ Explore non-manipulative skills (fleeing, dodging, chasing, and tagging)
- 3. _____ Explore jumping rope skills
- 4. _____ Participate in individual and dual activities
- 5. _____ Demonstrate movement of balancing on floor and low beam
- 6. _____ Explore race starts & finishes, races & relays, and broad & long jump
- 7. _____ Recognize the influence of culture on games, sports, play, and dance

G. LIFETIME ACTIVITIES

- 1. _____ Respect the skill level and ability of others
- 2. _____ Demonstrate understanding that exercise is important for a healthy life
- 3. _____ Demonstrate recreational activities
- 4. _____ Identifying and weighing “safe” and “dangerous” choices before acting

H. SAFETY/FIRST AID

- 1. _____ Know how to identify persons who can be trusted

I. ENVIRONMENTAL HEALTH

- 1. _____ Recognize the responsibility of taking care of personal, classroom, and school surroundings
- 2. _____ Recognize that smoking is bad for health

J. COMMUNITY/CONSUMER HEALTH

- 1. _____ Identify the emergency number 911

SAMPLE LESSON PLANS:

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RESOURCES:

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2ND GRADE**A. PERSONAL & MENTAL WELLNESS (SELF-CONCEPT & SELF-ESTEEM)**

- 1. _____ Create a positive environment for play

B. PHYSICAL FITNESS & NUTRITION

- 1. _____ Recognize the value & benefits of being active & physically fit
- 2. _____ Participate in age-appropriate flexibility, strengthening & endurance exercises
- 3. _____ Participate in the President's Physical Fitness test (or other national test)
- 4. _____ Practice jump roping skills
- 5. _____ Locate pulse at carotid artery
- 6. _____ Identify the sides of the health triangle: mental, physical & emotional

C. MOVEMENT EXPLORATION

- 1. _____ Move safely in personal & general space
- 2. _____ Perform a variety of static and dynamic balances on low beam
- 3. _____ Demonstrate locomotor, non-locomotor, and perceptual motor competency in increasing and decreasing speed
- 4. _____ Participate in kinesthetic awareness activities
- 5. _____ Explore object/manipulative versatility by self, with partner and in small groups
- 6. _____ Demonstrate movement ability with a variety of manipulatives
- 7. _____ Perform locomotor & non-locomotor movements to a rhythmical beat
- 8. _____ Demonstrate the ability to follow simple rhythmical directions
- 9. _____ Explore creative expressions through movement sequences
- 10. _____ Initiate own creative movements/sequences
- 11. _____ Participate in action songs & simple dances
- 12. _____ Perform forward & backward rolls
- 13. _____ Explore combining movements, stunts, & creativity

D. VIOLENCE PREVENTION & CONFLICT RESOLUTION

- 1. _____ Demonstrate the ability to follow rules and act responsibly

E. GAME RELATED ACTIVITIES

- 1. _____ Participate in partner, small, & large group activities/games
- 2. _____ Demonstrate safety skills in all games

- 3. _____ Demonstrate appropriate equipment use in a game situation
- 4. _____ Demonstrate sportsmanship in all games
- 5. _____ Participate in tag games, parachute activities, & obstacle courses

F. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Perform cooperatively with a partner or in small groups
- 2. _____ Participate in basketball, volleyball, softball, & soccer skills with modified equipment
- 3. _____ Perform simple races, relays, & jumps
- 4. _____ Recognize the influence of culture on games, sports, play, and dance

G. LIFETIME ACTIVITIES

- 1. _____ Demonstrate responsibility and make acceptable decisions in group activities
- 2. _____ Use equipment properly and safely
- 3. _____ Identify the physical activities that provide opportunities to enjoy and communicate with others
- 4. _____ Respect the skill level and ability of other students
- 5. _____ Use feedback to improve performance
- 6. _____ Identify and weigh “good”/”bad” as well as “kind”/”selfish” choices before acting

H. SAFETY/FIRST AID

- 1. _____ Explain how a buddy system improves safety
- 2. _____ Demonstrate safety measures in the school environment and at home fluids

SAMPLE LESSON PLANS:

<http://www.pecentral.org/lessonideas/pelessonplans.html>

RESOURCES:

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3RD GRADE**A. PHYSICAL FITNESS & NUTRITION**

- 1. _____ Recognize the value and benefits of being active and physically fit
- 2. _____ Participate in age-appropriate flexibility, strengthening & endurance exercises and set personal goals
- 3. _____ Participate in the President's Physical Fitness test (or other national test)
- 4. _____ Perform jumping rope skills
- 5. _____ Demonstrate ability to take one's heart rate
- 6. _____ Relate heart & lung function to fitness
- 7. _____ Experiment with a variety of fitness workouts (ex. aerobics, fun runs, obstacle courses, etc.)
- 8. _____ Incorporate the health triangle into daily life
- 9. _____ Identify & describe the food pyramid
- 10. _____ Incorporate nutrition, fitness, and rest into daily life
- 11. _____ Identify and demonstrate proper warm-up and cool down techniques and the reasons for using them

B. MOVEMENT EXPLORATION

- 1. _____ Move safely in personal and general space
- 2. _____ Demonstrate a variety of solo static and dynamic balances on low beam
- 3. _____ Demonstrate advanced locomotor, non-locomotor, and perceptual motor competency
- 4. _____ Participate in kinesthetic awareness activities
- 5. _____ Explore object/manipulative versatility by self, with partner and in small groups
- 6. _____ Combine a variety of locomotor and manipulative skills (with objects)
- 7. _____ Follow simple rhythmical directions
- 8. _____ Demonstrate creative expression through movement
- 9. _____ Perform movement sequences, simple and folk dances
- 10. _____ Perform own creative movements/sequences, and backward rolls
- 11. _____ Perform consecutive forward rolls
- 12. _____ Perform an inverted balance
- 13. _____ Recognize how to start and stop movement
- 14. _____ Explore combining movements and creativity

C. CONFLICT RESOLUTION

- 1. _____ Design a plan to handle conflict

- 2. _____ Recognize the consequences of choices & decisions and the difference between positive and negative behaviors
- 3. _____ Demonstrate fair treatment of others
- 4. _____ Demonstrate the ability to identify feelings and express them appropriately
- 5. _____ Devise non-violent strategies to resolve conflicts
- 6. _____ Recognize how your behavior affects others

D. GAME RELATED ACTIVITIES

- 1. _____ Participate in partner games, & small and large group activities
- 2. _____ Lead small group activities within a game
- 3. _____ Demonstrate sportsmanship in all games
- 4. _____ Demonstrate safety in all games
- 5. _____ Participate in lead-up games
- 6. _____ Participate in tag games, parachute activities, and obstacle courses

E. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Demonstrate correct techniques for locomotor and non-locomotor activities with manipulatives
- 2. _____ Perform rope jumping skills
- 3. _____ Use manipulatives by oneself and with a partner
- 4. _____ Demonstrate rolling, dribbling, throwing, bouncing, kicking, catching, & striking skills
- 5. _____ Perform in races, relays, and jumps

F. LIFETIME ACTIVITIES

- 1. _____ Identify rules, which are essential to group activities
- 2. _____ Identify and apply the qualities necessary for cooperation during competitive games (taking turns, accepting others, etc.)
- 3. _____ Respect the skill level and ability of other students, apply the skills and habits learned in PE to other activities
- 4. _____ Relate the importance of acquiring hobbies and using leisure activities, which contribute to the development of sound mind and body
- 5. _____ Demonstrate the ability to work independently on a task
- 6. _____ Recognizes how attentive listening skills can be used to build and maintain healthy relationships
- 7. _____ Practice rules for safe play

SAMPLE LESSON PLANS:

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4TH GRADE**A. PERSONAL & MENTAL WELLNESS (SELF-CONCEPT & SELF-ESTEEM)**

- 1. _____ Recognize how a balance of daily activities contributes to good mental health
- 2. _____ Identify one's talents as gifts from God
- 3. _____ Recognize responsibility for personal hygiene
- 4. _____ Describe how health related problems impact the whole family

B. PHYSICAL FITNESS & NUTRITION

- 1. _____ Recognize the value & benefits of being active & physically fit
- 2. _____ Participate in age-appropriate flexibility, strengthening & endurance exercises and set personal goals
- 3. _____ Participate in the President's Physical Fitness test (or other national test)
- 4. _____ Differentiate between resting and exercise heart rate
- 5. _____ Explore how mind, body, and spirit work together
- 6. _____ Recognize the relationship between nutrition, fitness and rest
- 7. _____ Identify and demonstrate proper warm-up and cool-down techniques and reasons for using them

C. MOVEMENT EXPLORATION

- 1. _____ Demonstrate the ability to combine locomotor and manipulative skills in personal and general space
- 2. _____ Demonstrate spatial, directional and perceptual competency
- 3. _____ Respond to rhythmical phrases & directions
- 4. _____ Explore movement patterns & sequences with and without props
- 5. _____ Experiment with aerobic, traditional folk & square dances
- 6. _____ Execute roll combinations
- 7. _____ Experiment with a variety of flexibility
- 8. _____ Experiment with a variety of turns & skills on the low beam
- 9. _____ Demonstrate a variety of static & dynamic balances

D. STRESS MANAGEMENT

- 1. _____ Identify socially acceptable habits and mentally healthy attitudes toward success and disappointments
- 2. _____ Identify signs and causes/symptoms of stress
- 3. _____ Explain the importance of exercise as a means of reducing stress and staying healthy

E. GAME RELATED ACTIVITIES

- 1. _____ Participate in lead-up games
- 2. _____ Participate in more complex games with emphasis on teamwork, fair play, and fun
- 3. _____ Demonstrate sportsmanship in all games
- 4. _____ Demonstrate safety in all games
- 5. _____ Develop the stamina to participate in a full game
- 6. _____ Participate in advanced tag games, obstacle courses, and novelty games

F. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Demonstrate improved competence in using correct techniques in activities, emphasizing speed and directional changes
- 2. _____ Use equipment alone and with a partner
- 3. _____ Demonstrate beginning skills in modified volleyball, hockey, basketball, softball & soccer
- 4. _____ Demonstrate competence in rolling, dribbling, throwing, bouncing, kicking, catching & striking skills
- 5. _____ Demonstrate sportsmanship in competition

G. LIFETIME ACTIVITIES

- 1. _____ Identify ways families can exercise together
- 2. _____ Demonstrate the need for game rules and the importance of critical thinking skills for successful group activities
- 3. _____ Identify lifetime physical activities
- 4. _____ Recognize that appropriate practice improves performance

SAMPLE LESSON PLANS:

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5TH GRADE**A. PERSONAL & MENTAL WELLNESS (SELF-CONCEPT & SELF-ESTEEM)**

- 1. _____ Demonstrate socially acceptable habits and attitudes toward success and failure
- 2. _____ Recognize how exercise helps to improve physical and mental health
- 3. _____ Compare and contrast the relationship between mental and physical health
- 4. _____ Demonstrate ability to set personal goals and recognize that making health-related decisions at times require assistance
- 5. _____ Demonstrate responsibility for personal hygiene

B. PHYSICAL FITNESS & NUTRITION

- 1. _____ Recognize the value and benefits of being active and physically fit
- 2. _____ Participate in age-appropriate flexibility, strengthening & endurance exercises
- 3. _____ Participate in the President's Physical Fitness test (or other national test)
- 4. _____ Participate in physical fitness workouts and set personal goals toward their achievement
- 5. _____ Explain the importance of mind, body, and spirit for a healthy and productive life
- 6. _____ Recognize the relationship between nutrition, fitness, and rest
- 7. _____ Identify, explain, and demonstrate warm up, conditioning, and cool down

C. MOVEMENT EXPLORATION

- 1. _____ Demonstrate the ability to combine locomotor and manipulative skills in personal and general space
- 2. _____ Demonstrate spatial, directional and perceptual competency
- 3. _____ Perform movement patterns and sequences with props
- 4. _____ Demonstrate a variety of traditional dance steps
- 5. _____ Participate in aerobic, traditional, American folk, and square dances
- 6. _____ Explore expressive/creative movements through music and movement
- 7. _____ Perform roll combinations (inverted balance)
- 8. _____ Manipulate appropriate objects with accuracy and speed
- 9. _____ Perform a variety of bends
- 10. _____ Demonstrate a "mount" on the low beam and perform a variety of turns and skills

D. DISEASE PREVENTION & CONTROL

- 1. _____ Recognize one's responsibility for the prevention and control of disease

E. STRESS MANAGEMENT

- 1. _____ Demonstrate a healthy acceptance of your body
- 2. _____ Utilize physical exercise to dispel stress

F. GAME RELATED ACTIVITIES

- 1. _____ Participate in lead-up games
- 2. _____ Participate in more complex games with emphasis on teamwork, fair play, and fun
- 3. _____ Explain terminology, related directions, and strategies for game activities
- 4. _____ Demonstrate sportsmanship in all games
- 5. _____ Demonstrate safety in all games
- 6. _____ Participate in advanced tag games, obstacle courses, and novelty games

G. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Demonstrate competence in using correct techniques in small group, partner, and team activities
- 2. _____ Perform skills in badminton, hockey, basketball, softball, volleyball, and soccer
- 3. _____ Experiment with basic offensive and defensive strategies for sports
- 4. _____ Participate in races, relays, jumping, and track related activities
- 5. _____ Apply principles of practice and conditioning that improve performance
- 6. _____ Participate as an active member of a duo, small group, and team

H. LIFETIME ACTIVITIES

- 1. _____ Identify rules and their importance in successful group activities
- 2. _____ Categorize immediate and long-term health benefits of making good lifestyle changes
- 3. _____ Identify unsafe activities and modify the behavior or environment to correct conditions
- 4. _____ Investigate activities as sources of entertainment throughout an individual's life

I. GROWTH & DEVELOPMENT

- 1. _____ Identify the cycle of growth and development in humans

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RESOURCES:

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MIDDLE SCHOOL**NATIONAL STANDARDS FOR HEALTH**

- 1. _____ Knows the availability and effective use of health services, products and information
- 2. _____ Knows environmental and external factors that affect individual and community health
- 3. _____ Understands the relationship of family health to individual health
- 4. _____ Knows how to maintain mental health and emotional health
- 5. _____ Knows essential concepts and practices concerning injury prevention and safety
- 6. _____ Understands essential concepts about nutrition and diet
- 7. _____ Knows how to maintain and promote personal health
- 8. _____ Knows essential concepts about the prevention and control of disease
- 9. _____ Understands aspects of substance use and abuse
- 10. _____ Understands the fundamental concepts of growth and development

A. PERSONAL & MENTAL WELLNESS (SELF-CONCEPT & SELF-ESTEEM)

- 1. _____ Create a personal fitness and nutrition plan for a healthy lifestyle
- 2. _____ Discuss motor and physiological fitness components, such as, agility, power, speed, etc.
- 3. _____ Relate the major organs and systems to physical fitness and nutrition
- 4. _____ Identify the six classes of nutrients and fiber
- 5. _____ Discuss cultural differences as relating to nutrition
- 6. _____ Recognize the existence of eating disorders that affect health adversely
- 7. _____ Identify the function of food additives and preservatives
- 8. _____ Analyze food advertising facts and fallacies
- 9. _____ Recognize the relationship between nutrition, fitness, and rest
- 10. _____ Identify, explain and demonstrate proper warm up and cool down techniques

B. MOVEMENT EXPLORATION

- 1. _____ Describe the characteristics of a good self-image
- 2. _____ Demonstrate socially acceptable habits and attitudes toward success and failure
- 3. _____ Demonstrate awareness of community mental health resources
- 4. _____ Use God given gifts for the service of others
- 5. _____ Use Christian values in the decision making process
- 6. _____ Demonstrate an appreciation for the changes that are occurring as one grows into a physically mature individual
- 7. _____ Display good grooming practices and personal hygiene
- 8. _____ Discuss cultural differences as relating to nutrition
- 9. _____ Explain the mental, emotional, and physical changes of puberty and the development of adolescent independence

- 10. _____ Recognize that peer relationships affect health
- 11. _____ Create a personal fitness and nutrition plan for a healthy lifestyle
- 12. _____ Demonstrate socially acceptable habits and attitude toward success and failure
- 13. _____ Explain the necessity of annual physicals
- 14. _____ Describe professional services for preventive care and treatment of common health problems in the community
- 15. _____ Investigate importance of types of immunizations
- 16. _____ Name and recognize the causes and spread of communicable diseases
- 17. _____ Recognize chronic and degenerative disease processes and the differences
- 18. _____ Explain the role of moral responsibility in disease prevention
- 19. _____ Explain how proper rest, nutrition, water, exercise, and low emotional stress can help ward off disease

C. NUTRITION

- 1. _____ Relate the major organs and systems to physical fitness and nutrition
- 2. _____ Identify fuel/nutritional needs of cells, tissues, organs and systems
- 3. _____ Analyze the six basic nutrients and their nutritional value
- 4. _____ Identify the names, symptoms, and causes of common eating disorders
- 5. _____ Identify community resources on nutrition
- 6. _____ Distinguish cultural differences as relating to nutrition
- 7. _____ Identify diet guidelines and dietary needs at different times in life
- 8. _____ Identify the function of food additives and preservatives
- 9. _____ Recognize the components of the muscular & skeletal system as they relate to fitness and nutrition
- 10. _____ Analyze destructive behavior related to eating disorders
- 11. _____ Recognize the relationship between fitness, nutrition, and rest
- 12. _____ Explain nutritional value on food label information

D. DRUG EDUCATION

- 1. _____ Apply techniques to resist peer pressure to use drugs and role play responses to peer pressure
- 2. _____ Analyze how drugs affect the economy and its cost to society
- 3. _____ Demonstrate an understanding of laws and school rules prohibiting the use and distribution of drugs
- 4. _____ Distinguish among the classifications of drugs
- 5. _____ Identify and describe the physiological and psychological effects of some common drugs
- 6. _____ Explain alternatives to the use of tobacco, alcohol, and other drugs
- 7. _____ Recognize characteristics of a responsible friend
- 8. _____ Explain consequences of drug use

- 9. _____ Analyze reasons why people use tobacco, drugs, alcohol, etc
- 10. _____ Recognize factors involved in the development of a drug dependency and the early observed symptoms
- 11. _____ Analyze media messages with regard to alcohol and other drugs

E. DISEASE PREVENTION & CONTROL

- 1. _____ Recognize possible causes, symptoms, treatment, prevention, and transmission of certain infectious and non-infectious diseases
- 2. _____ Explain the necessity of annual physicals
- 3. _____ Describe professional services for preventive care and treatment of common health problems in the community
- 4. _____ Distinguish among the classifications of drugs
- 5. _____ Investigate importance of types of immunizations
- 6. _____ Name and recognize the causes and spread of communicable diseases
- 7. _____ Recognize chronic and degenerative disease processes and the differences
- 8. _____ Explain how proper rest, nutrition, water, exercise, and low emotional stress can help ward off disease

F. STRESS MANAGEMENT

- 1. _____ Explore methods of stress relief (medication, prayer, music, yoga type exercise, and aerobic exercises)
- 2. _____ Identify the emotional needs associated with adolescents and healthy ways to meet these needs including symptoms of depression and suicidal tendencies

G. SAFETY/FIRST AID

- 1. _____ Demonstrate safety practices in the home, school and community
- 2. _____ Demonstrate the ability to follow emergency procedures
- 3. _____ Demonstrate and explain proper fire safety practices
- 4. _____ Describe sudden illnesses and demonstrate appropriate first aid
- 5. _____ Identify types of wounds and demonstrate proper first aid for treatment
- 6. _____ Describe injuries to bones, muscles, and joints and demonstrate care for them
- 7. _____ Evaluate the importance of preparing for natural disasters
- 8. _____ Define first aid techniques that can be used on a daily basis
- 9. _____ Define appropriate CPR technique and rescue breathing
- 10. _____ Identify importance of personal safety in any environment
- 11. _____ Identify first aid for choking and minor injuries
- 12. _____ Identify the hazards of excessive heat and cold to the body and techniques for prevention
- 13. _____ Identify first aid for conditions caused by excessive heat or cold

- 14. _____ Explain how improper first aid can cause additional injury
- 15. _____ Identify safety practices with bicycles, traffic, storm, water, eyewear, firearms, and athletics
- 16. _____ Explain importance of personal safety in any environment
- 17. _____ Identify safety techniques involved in sports and PE activities

H. COMMUNITY/CONSUMER HEALTH

- 1. _____ Describe professional services for preventive care and treatment of common health problems in the community and community health consumer
- 2. _____ Identify various health care professionals and facilities that provide service in the immediate area
- 3. _____ Explore the messages of the media
- 4. _____ Demonstrate respect for all life
- 5. _____ Develop criteria for making informed consumer decisions regarding health products and care
- 6. _____ Explain the importance of helping others in the community

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

- 1. _____ Use a variety of basic and advanced movement forms
- 2. _____ Uses movement concepts and principles in the development of motor skills
- 3. _____ Understands the benefits and costs associated with participation in physical activity
- 4. _____ Understands how to monitor and maintain a health-enhancing level of physical fitness
- 5. _____ Understands the social and personal responsibility associated with participation in physical activity

A. PHYSICAL FITNESS

- 1. _____ Participate in age-appropriate flexibility, strengthening, endurance activities, and set personal goals
- 2. _____ Participate in the President's Physical Fitness test (or other national physical fitness test)
- 3. _____ Recognize the value and benefits of being active and physically fit
- 4. _____ Differentiate between resting, target, and maximum heart rates
- 5. _____ Utilize a variety of fitness workouts
- 6. _____ Analyze the components of physical fitness
- 7. _____ Explain muscle requirements for oxygen during exercise
- 8. _____ Explain motor and physiological fitness components, such as, agility, power, speed, etc.
- 9. _____ Relate the major organs and systems to physical fitness and nutrition
- 10. _____ Identify, explain and demonstrate proper warm up and cool down techniques

B. MOVEMENT EXPLORATION

- 1. _____ Demonstrate the ability to combine locomotor and manipulative skills in self and general space
- 2. _____ Demonstrate spatial and directional proficiency
- 3. _____ Analyze the relationship among rhythm, movement patterns, and sport skills
- 4. _____ Participate in a variety of agility, advanced jumping rope, & novelty activities (ex. juggling)
- 5. _____ Evaluate and assess movement performances
- 6. _____ Explore movement in relation to game skills in sports
- 7. _____ Explore floor exercise routines
- 8. _____ Perform forward & backward roll variations (ex. pike, etc.)
- 9. _____ Demonstrate safety practices

C. GAME RELATED ACTIVITIES

- 1. _____ Participate in higher level lead-up games
- 2. _____ Play lead-up game to team sports using correct rules and techniques
- 3. _____ Play games with emphasis on teamwork, fair play, and fun
- 4. _____ Play basic team sports (baseball, volleyball, etc.) using correct rules and techniques
- 5. _____ Demonstrate the ability to devise games that utilize skills from various sports
- 6. _____ Demonstrate emotional control and cooperative behavior in all activities
- 7. _____ Demonstrate sportsmanship in all games

D. INDIVIDUAL/DUAL/TEAM SPORTS/SKILLS

- 1. _____ Participate in sports such as badminton, floor hockey, basketball, softball, volleyball, soccer, football
- 2. _____ Demonstrate basic offensive and defensive sport strategies
- 3. _____ Demonstrate advanced passing, catching and kicking a football during competitive game play
- 4. _____ Demonstrate advanced passing, trapping, shooting & throwing of a soccer ball during competitive game play
- 5. _____ Demonstrate advanced bumping, setting and serving of volleyball during competitive game play
- 6. _____ Demonstrate throwing, catching, fielding, and hitting a softball during competitive game play
- 7. _____ Demonstrate passing, catching, dribbling, and rebounding a basketball during competitive game play
- 8. _____ Demonstrate passing, fielding, and dribbling a hockey puck/ball during competitive game play
- 9. _____ Demonstrate standing broad jump, long jump, and high jump during competitive game play
- 10. _____ Demonstrate beginner level badminton or tennis or pitchball

- 11. _____ Demonstrate basic rules of team sports
- 12. _____ Demonstrate advanced offensive and defensive strategies for sports
- 13. _____ Participate in individual, dual, and team sports
- 14. _____ Demonstrate variety facets of track and field

E. LIFETIME ACTIVITIES

- 1. _____ Respect each individual's ability and limitations when playing a game
- 2. _____ Apply rule applications to game situations
- 3. _____ Identify opportunities close to home for participation in different kinds of activities
- 4. _____ Use resources to improve performance
- 5. _____ Develop an appreciation for activities that could be enjoyed throughout one's life
- 6. _____ Develop desirable skills in recreational activities for leisure time use

SAMPLE LESSON PLANS:

<http://www.pecentral.org/lessonideas/pelessonplans.html>

RESOURCES:

<http://www.teachervision.fen.com/physical-education/teacher-resources/6653.html>

<http://www.eduscapes.com/tap/taphealth.html>

www.unitedstreaming.com (for health videos)

www.mypyramid.gov