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Unified School District #1 Physical Education & Health Curriculum

Acknowledgements

This curriculum is brought to you by the 2014-2015 Unified School District #1 Physical Education & Health Committee

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Unified Districts #1

Mastery and Grading Policy

Mastery Definition

The mastery of outcomes in the district shows that the student has accomplished. Mastery is the point in a student's learning at which there are clear, observable, and consistent demonstrations of the outcomes. A student mastering an outcome can recall and apply this knowledge over time with minimal review and in varied circumstances.

Grade of "A"

- Consistently performs high quality work (accurate, scholarly, timely)
- Consistently exceeds set criteria
- Consistently provided evidence of mastery for all components of subject outcomes
- Consistently shows excellent application of knowledge to other situations

When number of grades are used, a "A" is 93-100 (Clearwater, Verdigre) and 94-100 (Orchard)

Grade of "B"

- Usually performs work of high quality (accurately, scholarly, timely)
- Consistently meets set criteria
- Usually shows above-average application of knowledge to other situations

When number grades are used, a "B" is 86-92 (Clearwater, Verdigre) and 87-93 (Orchard)

Grade of "C"

- Usually performs work of satisfactory quality
- Usually meets set criteria
- Usually provides evidence of mastery for most components of subject outcomes
- Usually shows above-average application of knowledge to other situations

When number grades are used, a "C" is 77-85 (Clearwater, Verdigre) and 80-86 (Orchard)

Grade of "D"

- Can perform work of satisfactory quality with assistance
- Occasionally meets set criteria
- Has not shown mastery for all components, but is willing to try
- Occasionally shows application of knowledge to other situations

When number grades are used, a "D" is 70-76 (Clearwater, Verdigre), 70-79 (Orchard)

Grade of "F"

- Does not perform work of satisfactory quality
- Does not meet set criteria
- Has not shown mastery for all components
- Does not show application of knowledge to other situation

Not passing

Student will need to work until level of learning is acceptable.

When number grades are used, an "F" is 69 and below, failing.
(Clearwater, Verdigre and Orchard)

Physical Education/Health Mission Statement

The goal of physical education is to develop physically literate individuals who have knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has to learn the skills necessary to participate in a variety of physical activities
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

P.E.--At--A--Glance

Kindergarten

Purpose: The student will demonstrate progress in positive physical, social, mental, and emotional growth in group and individual activities.

Focus: Physical, social, mental, emotional growth

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

First Grade

Purpose: The student will demonstrate progress in positive physical, social, mental, and emotional growth in group and individual activities.

Focus: Physical, social, mental, emotional growth

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Second Grade

Purpose: The student will demonstrate the ability to progress from one locomotor movement to another.

Focus: The student will demonstrate smooth transitions between sequential motor skills.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Third Grade

Purpose: The student will demonstrate the ability to progress from one locomotor movement to another.

Focus: The student will demonstrate smooth transitions between sequential motor skills.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Fourth Grade

Purpose: The students will demonstrate mature forms in all locomotor patterns and selected manipulative and nonlocomotor skills.

Focus: Students will throw, catch, and kick using mature forms.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Fifth Grade

Purpose: The students will demonstrate mature forms in all locomotor patterns and selected manipulative and nonlocomotor skills.

Focus: Students will throw, catch, and kick using mature forms

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Sixth Grade

Purpose: The students will be introduced to team activities.

Focus: The students will understand the importance of teamwork in physical activities.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Seventh Grade

Purpose: The students will be introduced to team activities.

Focus: The students will understand the importance of teamwork in physical activities.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Eighth Grade

Purpose: The students will be introduced to team activities.

Focus: The students will understand the importance of teamwork in physical activities.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE I

Purpose: Students will engage in lifetime activities.

Focus: Students will understand rules and regulations of team activities.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE II

Purpose: Students will engage in lifetime activities.

Focus: Students will understand rules and regulations of team activities.

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Kindergarten

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Performs locomotor skills (hoping, galloping, running, sliding, skipping) while maintaining balance

Performs jumping & landing actions with balance

Maintains momentary stillness on different bases of support (Forms wide, narrow, curled, & twisted body shapes)

Throws underhand with opposite foot forward

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Differentiates between movement in personal (self-space) and general space.

Travels in 3 different pathways

Travels in general space with different speeds

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Identifies active-play opportunities outside physical education class

Actively participates in physical education class

Recognizes that when you move fast your heart beats faster

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Follows directions in group setting

Acknowledges responsibility for behavior when prompted

Shares equipment and space with others

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Acknowledges that some physical activities are challenging/difficult

Identifies physical activities that are enjoyable

Discusses the enjoyment of playing with friends

GRADE 1

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Hops, gallop, jogs, and slides using a mature pattern

Demonstrates ability for jumping and landing in a horizontal plane using 2-foot take-offs and landings.

Maintains stillness on different bases of support with different body shapes

Transfers weight from one body part to another in self space in dance and gymnastics environments.

Catches a soft object from a self-toss before it bounces

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Moves in self-space and general space in response to designated beats/rhythms

Travels demonstrating low, middle and high levels; over under through

Differentiates between fast and slow speeds; strong and light force

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Actively engages in physical education

Identifies the heart as a muscle that grows stronger with exercise, play and physical activity

Differentiates between healthy and unhealthy foods

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Accepts personal responsibility by using equipment and space appropriately

Responds appropriately to general feedback from the teacher

Works independently with others in a variety of class environments

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Identifies physical activity as a component of good health

Recognizes that challenges in physical activity can lead to success

Describes positive feelings that result from participating in physical education

GRADE 2

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Runs with mature pattern (Shows differentiation between jogging and sprinting)

Balances on different bases of support, combining levels and shapes

Throws overhand with opposite foot forward.

Combines balanced and transfers into a 3- part sequence (dance, gymnastics)

Dribbles in space with preferred hand demonstrating a mature pattern

Dribbles with feet in general space with control of body and body

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Combines locomotor skills in general space to rhythm

Combines shapes, levels and pathways into simple travel, dance, and gymnastics

Varies time and force with gradual increases and decreases

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Actively engages in physical education class in response to instruction and practice

Uses own body as resistance for developing strength

Identifies physical activities that contribute to fitness

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Practices skills with minimal teacher promoting

Accepts specific corrective feedback from the teacher

Recognizes the role of rules and etiquette in teacher-designed physical activities

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Recognizes the value of good health balance

Identifies physical activities that provide self-expression (dance, gymnastics)

Compares physical activities that bring confidence and challenge

GRADE 3

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Leaps using mature pattern

Travels showing differentiation between running and sprinting

Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation

Throws underhand to a partner or target with reasonable accuracy

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Recognizes the concept of open spaces in a movement context

Recognizes locomotor skills specific to a wide variety of physical activity

Combines movement concepts (direction, levels, force, and time) with skills

Employs the concept of muscular tension with balance in gymnastics and dance

Applies simple strategies & tactics in chasing & fleeing activities

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Identifies physical activity benefits as a way to become healthier

Engages in physical activity without teacher prompting

Recognizes the importance of warm-up and cool-down relative to physical activity

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Works independently for extended period of time

Accepts and implements specific corrective feedback from teacher

Praises others for their success in movement performance

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Discusses the challenges that come from learning a new physical activity

Describes the positive social interactions that come when engaged with others in physical activity

Discusses the relationship between physical activity and good health

4th Grade

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Catches a thrown ball above the head, at chest or waist level, and below the waist using mature pattern

Combines traveling with balance and weight transfers to create gymnastics sequence with and without equipment or apparatus.

Kicks along the ground and in the air, using mature patterns

Strikes object with long-handled implement

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Applies the concept of open spaces to combination skills involving traveling

Applies the movement concepts of speed, endurance and pacing for running

Applies simple strategies and tactics in chasing & fleeing activities

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Actively engages in the activities of physical education class, both teacher-directed and independent

Identifies the components of health-related fitness

Discusses the importance of hydration and hydration choices relative to physical activities

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Praises the movement performance of others both more and less skilled

Accepts players of all skill levels into activity

Exhibits responsible behavior in independent group situations

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Examines the health benefits of participating in physical activity
Rates the enjoyment of participating in challenging and mastered physical activities
Describes & compares the positive social interactions when engaged in partner, small group, and large group physical activity

5th Grade

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Uses appropriate pacing for a variety of running distances.
Transfers weight in gymnastics and dance environments.
Combines hand dribbling with other skills during 1v1.
Strikes a pitched ball with a bat using mature form

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Combines spatial concepts with locomotor and non-locomotor movements for small groups
Applies movement concepts to strategy in game situations
Recognizes the type of throw, volley or striking action needed for different games and sports

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Actively engages in all the activities of physical education
Differentiates between skill-related and health-related fitness
Identifies the need for warm-up and cool-down relative to physical activity

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Engages in physical activity with responsible interpersonal behavior
Gives corrective feedback respectfully to peers
Applies safety principles with age-appropriate physical activities

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Compares the health benefits of participating in selected physical activities
Expresses the enjoyment and or/challenge of participating in favorite physical activity
Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response

GRADE 6

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Transfers weight with correct timing for the striking pattern
Throws with a mature pattern for distance or power appropriate to the practice task
Strikes a pitched ball with an implement with force in a variety of practice tasks

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Creates open space by using locomotor movements
Creates open space by using the width and length of the field/court on offense
Identifies open spaced and attempts to strike object into that space

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Describes how being physically active leads to a healthy body
Employs correct techniques and methods of stretching
Identifies major muscles used in selected physical activities

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors
Cooperates with small group of classmates during adventure activities, game play or team-building activities
Uses physical activity and fitness equipment appropriately and safely, with teacher guidance

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback and/or modifying task

Identifies how self-expression and physical activity are related

Demonstrates respect for self and others in activities and games by following rules, encouraging others and playing in the spirit of the game or activity

7th Grade Curriculum

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment

Transfers weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side

Strikes a pitched ball with an implement to open space in a variety of practice task

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Reduces open space by using locomotor movements in combination with movement concepts

Creates open space by staying spread on offense, and cutting passing quickly

Uses a variety of shots (slap, run, bunt, line-drive, high arch) to hit open space

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Identifies barriers related to maintain a physically active lifestyle and seeks solutions for eliminating those barriers

Describes and demonstrates the difference between dynamic and static stretches

Describes how muscles pull on bones to create movement in pairs by relaxing and contacting

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Exhibits responsible social behaviors by cooperating with classmates demonstrating inclusive behaviors and supporting classmates
Problem-solves with a small group of classmates during adventures activities
Independently uses physical activity and exercise equipment appropriately and safely

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced in group situations
Explains the relationship between self-expression and lifelong enjoyment through physical activity
Demonstrates the importance of social interaction by helping and encouraging others

8th Grade

Outcome 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play
Transfers weight with correct timing using low to high striking pattern with a long-handled implement on the backhand side
Strikes a pitched ball with an implement for power to open space in a variety of small-sided games

Outcome 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Opens and closes space during small-sided game play by combining locomotor movements with movement concepts
Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball
Identifies sacrifice situations and attempt to advance a teammate

Outcome 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains connections
Employs a variety of appropriate static stretching techniques for all major muscles
Explains how body systems interact with one another during physical activity

Outcome 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Accepts responsibility for improving one's own levels of physical activity and fitness
Cooperates with multiple classmates on problem-solving initiatives
Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity

Outcome 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge
Identifies and participates in an enjoyable activity that prompts individual self-expression
Demonstrates respect for self by asking for help and helping others in various physical activities

PE I

Purpose: Students will engage in lifetime activities.

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities
Demonstrates competency in dance forms used in cultural and social occasions, or demonstrates competency in one form of dance
Demonstrates competency in one or more specialized skills in health-related fitness activities

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Applies the terminology associated with exercise and application in selected individual-performance activities
Creates a practice plan to improve performance for a self-selected skill

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Discusses the benefits of a physically active lifestyle as it relates to college or career productivity
Demonstrates appropriate technique in resistance-training machines and free weights
Calculates target heart rate and applies that information to personal fitness plan

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
Uses communication skills and strategies that promote team/group dynamics

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Analyzes the health benefits of a self-selected physical activity
Identifies the opportunity for social support in a self-selected physical activity or dance

PE II

Purpose: Students will engage in lifetime activities.

Outcome 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Refines activity-specific movement skills in one or more lifetime activities
Demonstrates competency in 2 or more specialized skills in health-related fitness activities

Outcome 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Identifies and discusses the historical and cultural roles of games, sports and dance in a society
Describes the speed/accuracy trade-off in throwing and striking skills

Outcome 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Investigates the relationships among physical activity, nutrition and body composition

Designs and implements a strength and conditioning program that develops balance in opposing muscle groups and supports a healthy, active lifestyle

Outcome 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Examines moral and ethical conduct in specific competitive situations
Assumes a leadership role in physical activity settings

Outcome 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity
Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance

Junior High School Health

Purpose: Health students will be able to identify different factors that promote personal, family, and community health behaviors.

Outcome 1

Students will comprehend concepts related to health promotion and disease prevention.

Analyze the relationship between healthy behaviors and personal health.
Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
Analyze how the environment affects personal health.

Describe ways to reduce or prevent injuries and other adolescent health problems.
Explain how appropriate health care can promote personal health
Describe the benefits of and barriers to practicing healthy behaviors
Examine the likelihood of injury or illness if engaging in unhealthy behaviors
Describe how family history can affect personal health
Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors

Outcome 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Examine how the family influences the health of adolescents
Describe the influence of culture on health beliefs, practices, and behaviors
Describe how peers influence healthy and unhealthy behaviors
Analyze how the school and community can affect personal health practices and behaviors
Analyze how messages from media influence health behaviors
Analyze the influence of technology on personal and family health
Explain how the perceptions of norms influence healthy and unhealthy behaviors
Explain the influence of personal values and beliefs on individual health practices and behaviors
Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors
Explain how school and public health policies can influence health promotion and disease prevention

Outcome 3

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Analyze the validity of health information, products, and services
Access valid health information from home, school, and community
Determine the accessibility of products that enhance health
Describe situations that may require professional health services
Locate valid and reliable health products and services

Outcome 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Apply effective verbal and nonverbal communication skills to enhance health
Demonstrate refusal and negotiation skills that avoid or reduce health risks
Demonstrate effective conflict management or resolution strategies
Demonstrate how to ask for assistance to enhance the health of self and others

Outcome 5

Students will demonstrate the ability to use decision-making skills to enhance health.

Identify circumstances that can help or hinder healthy decision making
Determine when health-related situations require the application of a thoughtful decision-making process
Distinguish when individual or collaborative decision making is appropriate
Distinguish between healthy and unhealthy alternatives to health-related issues or problems
Predict the potential short-term impact of each alternative on self and others
Choose healthy alternatives over unhealthy alternatives when making a decision

Analyze the outcomes of a health-related decision

Outcome 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

Assess personal health practices

Develop a goal to adopt, maintain, or improve a personal health practice

Apply strategies and skills needed to attain a personal health goal

Describe how personal health goals can vary with changing abilities, priorities, and responsibilities

Outcome 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Explain the importance of assuming responsibility for personal health behaviors

Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others

Demonstrate behaviors to avoid or reduce health risks to self and others

Outcome 8

Students will demonstrate the ability to advocate for personal, family, and community health.

State a health-enhancing position on a topic and support it with accurate information

Demonstrate how to influence and support others to make positive health choices

Work cooperatively to advocate for healthy individuals, families, and schools

Identify ways in which health messages and communication techniques can be altered for different audiences

High School Health

Purpose: Health students will be able to identify different factors of personal health behaviors and how they affect the body.

Focus: Personal Health

Outcome 1

Students will comprehend concepts related to health promotion and disease prevention.

Predict how healthy behaviors can affect health status

Describe the interrelationships of emotional, intellectual, physical, and social health

Analyze how environment and personal health are interrelated
Analyze how genetics and family history can impact personal health
Propose ways to reduce or prevent injuries and health problems
Analyze the relationship between access to health care and health status
Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors
Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors
Analyze the potential severity of injury or illness if engaging in unhealthy behaviors

Outcome 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyze how the family influences the health of individuals
Analyze how the culture supports and challenges health beliefs, practices, and behaviors
Analyze how peers influence healthy and unhealthy behaviors
Evaluate how the school and community can affect personal health practice and behaviors
Evaluate the effect of media on personal and family health
Evaluate the impact of technology on personal, family, and community health
Analyze how the perceptions of norms influence healthy and unhealthy behaviors
Analyze the influence of personal values and beliefs on individual health practices and behaviors
Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors
Analyze how public health policies and government regulations can influence health promotion and disease prevention

Outcome 3

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Evaluate the validity of health information, products, and services
Use resources from home, school, and community that provide valid health information
Determine the accessibility of products and services that enhance health
Determine when professional health services may be required
Access valid and reliable health products and services

Outcome 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Use skills for communicating effectively with family, peers, and others to enhance health
Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks
Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others

Demonstrate how to ask for and offer assistance to enhance the health of self and others

Outcome 5

Students will demonstrate the ability to use decision-making skills to enhance health.

Examine barriers that can hinder healthy decision making

Determine the value of applying a thoughtful decision-making process in health-related situations

Justify when individual or collaborative decision making is appropriate

Generate alternatives to health-related issues or problems

Predict the potential short-term and long-term impact of each alternative on self and others

Defend the healthy choice when making decisions

Evaluate the effectiveness of health-related decisions

Outcome 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

Assess personal health practices and overall health status

Develop a plan to attain a personal health goal that addresses strengths, needs, and risks

Implement strategies and monitor progress in achieving a personal health goal

Formulate an effective long-term personal health plan

Outcome 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Analyze the role of individual responsibility for enhancing health

Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others

Demonstrate a variety of behaviors to avoid or reduce health risks to self and others

Outcome 8

Students will demonstrate the ability to advocate for personal, family, and community health.

Utilize accurate peer and societal norms to formulate a health-enhancing message

Demonstrate how to influence and support others to make positive health choices

Work cooperatively as an advocate for improving personal, family, and community health

Adapt health messages and communication techniques to a specific target audience

