

PHYSICAL EDUCATION (K-12)
Essential Standards/Skills List for May & June

Course	Grade	Essential Skills/Standards in May	Essential Skills/Standards in June
PE	K	Tying sneakers Throw and catch a ball tossed to self Jumping a rope 3 times without a miss Being active for at least 30 min each day	Skipping Throw and catch with a partner Engaging in simple tag game Being active for at least 30 min each day
PE	1	Tying sneakers Throwing and catching ball tossed to self Jumping a rope 6 times without a miss Being active for at least 30 min each day	Skipping with smooth form Throw and catch with a partner Being active for at least 30 min each day
PE	2	Grapevine locomotor skill Kicking a stationary ball Being active for at least 30 min each day Staying in a boundary	Kicking a moving ball Learn the game of kickball Hitting a ball off a tee Playing simple tee ball or kick ball game Being active for at least 30 min each day Be creative with games involving bases
PE	3	Grapevine locomotor skill Kicking a moving ball Putting skills together ex running and throwing Being active for at least 30 min each day Staying in a boundary	Kicking a moving ball Learn the game of kickball Hitting a ball off a tee Playing simple tee ball, underhand pitch wiffle ball or kick ball game Being active for at least 30 min each day Be creative with games involving bases
PE	4	Instruction on the use of deodorant and using daily hygiene for overall health and responsibility. Focus on this primarily after engaging in daily physical activity for at least 40 minutes a day.	Demonstrate good "team behavior" towards one another both in competitive and social environments. Showing behaviors of fairness and good attitudes in winning and losing during activity. Engaging in an activity or game with another person for at least 40 minutes each day. Examples: kickball, tag, basketball, wiffle ball etc..
PE	5	Instruction on the use of deodorant and using daily hygiene for overall health and responsibility. Focus on this primarily after engaging in daily physical activity for at least 40 minutes a day.	Demonstrate good "team behavior" towards one another both in competitive and social environments. Showing behaviors of fairness and good attitudes in winning and losing during activity. Engaging in an activity or game with another person for at least 40 minutes each day. Examples: kickball, tag, basketball, wiffle ball etc..
PE	6	Instruction of the use of deodorant and using daily hygiene for overall health and responsibility. Focus on this primarily after engaging in daily physical activity for at least 40 minutes a day.	Demonstrate good "team behavior" towards one another both in competitive and social environments. Showing behaviors of fairness and good attitudes in winning and losing during activity. Engaging in an activity or game with another person for at least 40 minutes each day. Examples: kickball, tag, basketball, wiffle ball etc..
PE	7 & 8	Fitness: muscular strength, muscular endurance, body composition, flexibility, cardiorespiratory endurance	Fitness: muscular strength, muscular endurance, body composition, flexibility, cardiorespiratory endurance.

PE	9-12	Promote lifetime activities: yoga, golf, walking, fishing, kayaking Fitness: muscular strength, muscular endurance, body composition, flexibility, cardiorespiratory endurance	Promote lifetime activities: yoga, golf, walking, fishing, kayaking Fitness: muscular strength, muscular endurance, body composition, flexibility, cardiorespiratory endurance
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HEALTH EDUCATION (7-12)
Essential Standards/Skills List for May & June

Course	Grade	Essential Skills/Standards in May	Essential Skills/Standards in June
Jr. High Health	7	<p>Reproduction</p> <ul style="list-style-type: none"> - Identify male & female reproductive structures. - Understand the functions of the male & female reproductive structures. <p>Sexually Transmitted Infections (STI)</p> <ul style="list-style-type: none"> - Recognize which STIs are caused by bacteria, virus or parasite. - Know the symptoms of common STI's. - Be aware of the cure/ treatment of common STI's. 	<p>Relationships</p> <ul style="list-style-type: none"> - Common types of relationships. - Characteristics of healthy relationships. - Communication in relationships.
Sr. High Health	High School (10th)	<p>Alcohol, Tobacco & Other Drugs</p> <ul style="list-style-type: none"> - Understand current & future drug use trends among teens. - For commonly used illegal/legal drugs identify the following: classification, physical & psychological effects, side effects & nicknames. - Health effects of tobacco/ecigarette use. - Reasons and risk factors of teen drug use. 	<p>Sexuality</p> <ul style="list-style-type: none"> - Identify & understand reproductive structures in both male & female systems. - STI's- cause, symptoms, treatments & cures of common STI's. - HIV/AIDS- 4 fluids that carry HIV, HIV stages & AIDS. - Contraception methods- how they work, where to access them, cost & effectiveness.
TC3 Health	11 & 12	<p>Ch. 12- Ending Tobacco Use</p> <ul style="list-style-type: none"> - Short & long term effects of tobacco use. - Benefits to quitting tobacco. <p>Ch. 13- Drug Misuse & Abuse</p> <ul style="list-style-type: none"> - Common drugs of abuse - Treatment and recovery <p>Ch. 14- Infectious Diseases & STI's</p> <ul style="list-style-type: none"> - Routes of transmission - Pathogens - Common STI's- risks, transmission, signs & symptoms, treatment & complications. - HIV/AIDS <p>Ch. 15- Preventing Cardiovascular Disease</p> <ul style="list-style-type: none"> - Cardiovascular system & heart. - Cause & prevention. - Modifiable & non-modifiable risks. <p>Ch. 16- Reducing your cancer risk</p> <ul style="list-style-type: none"> - Causes of cancer - Lifestyle risks - Treatment & survival rates <p>Ch. 17- Reducing risks & coping with chronic conditions</p> <ul style="list-style-type: none"> - Common chronic illnesses (respiratory, allergies, neurological, digestion & musculoskeletal) 	<p>Ch. 19- Preventing Violence & Abuse</p> <ul style="list-style-type: none"> - Factors contributing to violence. - Types of violence. <p>Ch. 21- Aging, Death & Dying</p> <ul style="list-style-type: none"> - Successful aging. - Process of dying, coping with loss.