

# PE/Health 1

## Physical Education

### Standard 1: Skilled Movement

#### **Goal 1.1: Demonstrate competency in motor skills and movement patterns**

1.1 Demonstrate and identify mature forms of a variety of locomotor, non-locomotor and manipulative patterns with control.

1.2 Demonstrate movements using concepts of effort, relationships, and body and space awareness (directionality, kinesthetic and temporal)

*1.3 PE/Health objective does not apply.*

### Standard 2: Movement Knowledge

#### **Goal 2.1: Demonstrate understanding movement concepts, principles, strategies**

2.1 Identify basic movement concepts that vary the performance of movement.

*2.2 PE/Health objective does not apply.*

### Standard 3: Physically Active Lifestyle

#### **Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge,**

3.1 Participate daily in moderate to vigorous physical activity during and outside of class. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.)

3.2 Explore and participate in health enhancing physical activities.

3.3 Express feelings about participation during physical activity

*3.4 PE/Health objective does not apply.*

### Standard 4: Personal Fitness

#### **Goal 4.1: Achieve and maintain a health enhancing level of fitness.**

4.1 Participate and sustain moderate or vigorous activity

*4.2 PE/Health objective does not apply.*

*4.3 PE/Health objective does not apply.*

Standard 5: Personal and Social Responsibility

**Goal 5.1: Exhibit responsible and social behavior that respects self and others in**

5.1 Apply teacher rules, procedures and safe practices with little or no reinforcement.

5.2 Work cooperatively with a partner to complete tasks.

*5.3 PE/Health objective does not apply.*

*5.4 PE/Health objective does not apply.*

**HEALTH**

Standard 1: Healthy Lifestyles

**Goal 1.1: Acquire the essential skills to lead a healthy life.**

1.1 Identify the difference between exercise and stretching

1.2 Tell how germs are spread and describe how the body fights diseases

1.3 Identify safety procedures

1.4 Explain a variety of emotions and understand that they can be managed successfully.

1.5 Differentiate between over-the-counter and prescription drugs

1.6 Explain how the use of known and unknown substances can be hazardous

1.7 Recognize a nutritional diet is necessary to maintain a healthy body

1.8 Describe how a person can take care of different body parts

1.9 Describe each person's contribution to the family

1.10 Identify the use of health products

1.11 Describe pollution

Standard 2: Risk Taking Behavior

**Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

2.1 Recognize that germs cause disease.

2.2 Explain the necessity for rules for acceptable and unacceptable behavior.

2.3 Determine how to make a responsible choice.

2.4 Discuss risky behaviors

Standard 3: Communication Skills for Healthy Relationships

**Goal 3.1: Demonstrate the ability to use communication skills to enhance health.**

3.1 Share positive ways to express feelings

3.2 Identify refusal and decision-making skills

3.3 Demonstrate communication skills

Standard 4: Consumer Health

**Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs**

4.1 Identify examples of health products

4.2 Identify labels on health products

4.3 Recognize roles of health workers in the school and community

Standard 5: Mental and Emotional Wellness

**Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.**

5.1 Demonstrate feelings

5.2 Identify how each person is unique and worthwhile, both physically and emotionally

5.3 Describe physical activities one enjoys

5.4 Recognize trusted adults who can provide assistance