

# PE/Health 3

## **Physical Education**

### Standard 1: Skilled Movement

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

1.1 Demonstrate refined fundamental patterns.

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

*1.3 PE/Health objective does not apply.*

*1.4 PE/Health objective does not apply.*

### Standard 2: Movement Knowledge

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

2.1 Apply critical elements to improve performance of movement in single and complex movement situations

*2.2 PE/Health objective does not apply.*

2.3 Identify and understand that appropriate practice improves performance.

### Standard 3: Physically Active Lifestyle

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

3.1 Choose to participate daily in physical activities for the purpose of improving skill and health. (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 Identify moderate to vigorous activities that provide personal/social pleasure, self-expression and challenge.

*3.3 PE/Health objective does not apply.*

### Standard 4: Personal Fitness

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

*4.1 PE/Health objective does not apply.*

4.2 Associate results of fitness testing to personal health status and ability to perform various activities.

*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 PE/Health objective does not apply.*

5.3 Work cooperatively in a small group to complete tasks.

*5.4 PE/Health objective does not apply.*

5.5 Participate in games, activities and dances from other cultures.

*5.6 PE/Health objective does not apply.*

## **HEALTH**

#### Standard 1: Healthy Lifestyles

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

3.1 Recognize the importance of fitness for overall wellness.

3.2 Describe diseases and disorders.

3.3 Identify and practice rules and procedures for safe living.

3.4 View each person as a unique and special human being whose behavior can enhance or

3.5 Identify reasons why drugs and medicines are misused and abused.

3.6 Identify the relationship between nutrition and well-being.

3.7 Explore how the body changes as one grows.

3.8 Adjust to family changes in healthful ways.

3.9 Identify how health information, products, and services are made available

3.10 Identify the effects of pollution on the environment

Standard 2: Risk Taking Behavior

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

3.1 Recognize ways of limiting the spread of illness.

3.2 Identify how behavior affects physical, mental, and emotional health.

3.3 Demonstrate methods of dealing with temptations, curiosity, peer influence, and

3.4 Identify risky behaviors present within family, friendships, and the community.

Standard 3: Communication Skills for Healthy Relationships

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

3.1 Describe how behaviors are affected by others' feelings.

3.2 Demonstrate refusal and decision-making skills.

3.3 Explain effective ways families, friends, and communities communicate

Standard 4: Consumer Health

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

3.1 Identify different types of health services.

3.2 Describe the need to follow directions on product labels

3.3 Explore various health care careers

Standard 5: Mental and Emotional Wellness

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

3.1 Describe appropriate actions in response to one's own emotions.

3.2 Identify ways that people are unique and worthwhile, both physically and emotionally.

3.3 Recognize the benefits of exercise and how it enhances mental and emotional health.

3.4 Describe ways of keeping one's self safe.

3.5 Recognize the impact of drug use.