

PE/Health 4

Physical Education

Standard 1: Skilled Movement

Goal 1.1: Demonstrate competency in motor skills and movement patterns

1.1 PE/Health objective does not apply.

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

1.3 Demonstrate skillful combinations of movements in complex environments.

1.4 Demonstrate some specialized skills.

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 Use critical elements to improve others' performance of movement.

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 PE/Health objective does not apply.

3.3 Identify activities that you can participate in associated with each component of health related activities.

Standard 4: Personal Fitness

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

4.1 Identify and engage in several activities related to improving each component of physical fitness.

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

4.3 Set and achieve personal fitness goals.

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 independently and on task for short periods of time

5.3 PE/Health objective does not apply.

5.4 Recognize and support differences in self and others.

5.5 Work independently and on task for short periods of time

5.6 Demonstrate appropriate problem solving strategies

HEALTH

Standard 1: Healthy Lifestyles

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

4.1 Describe the influence of rest, food choices, exercise, sleep, and recreation on a

4.2 Identify characteristics and causes of diseases and disorders.

4.3 Recognize a safe environment and demonstrate readiness skills that deal with

4.4 Identify the range of emotions experienced and the connection between our minds

4.5 Identify substances, their use, and abuse.

4.6 Identify the nutritional benefits of different foods.

4.7 Recognize growth and development as a life-long process.

4.8 Describe the role of families and friends have in affecting our health.

4.9 Determine factors involved in selecting and using health information, products, and

4.10 Determine factors that influence the health of our environment.

Standard 2: Risk Taking Behavior

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

4.1 Describe the healthy living habits that can reduce the risk of illness and injury.

4.2 Recognize how the actions of one person can affect the behavior of another.

4.3 Identify high-risk situations and behaviors that pose a risk to one's self and others.

4.4 Identify the impact of risky behaviors on personal and family health

Standard 3: Communication Skills for Healthy Relationships

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

4.1 Identify the causes and effects of conflict in schools and families.

4.2 Demonstrate refusal and decision-making skills as they relate to substance use and

4.3 Identify interpersonal communication skills that can be used to build interactions

Standard 4: Consumer Health

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

4.1 Identify reliable sources of personal health information, products, and services.

4.2 Recognize how the media influences one's thinking in relation to mental and emotional

4.3 Identify the different community agencies that promote the health and well-being of

Standard 5: Mental and Emotional Wellness

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

4.1 Recognize healthy ways to express personal emotions and feelings.

4.2 Identify ways to maintain a healthy outlook in the presence of diseases and/or

4.3 Identify physical activities that promote fitness and the relief of mental and emotional

4.4 Take responsibility for the safety of one's self and others.

4.5 Identify ways to avoid negative social influences and pressures to use alcohol, tobacco,