

# PE/Health 5

## **Physical Education**

### Standard 1: Skilled Movement

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

1.1 Demonstrate mature form in all locomotor patterns, non-locomotor and basic manipulative patterns.

1.2 Demonstrate a variety of skills in complex situations of selected movement

*1.3 PE/Health objective does not apply.*

### Standard 2: Movement Knowledge

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

2.1 Apply concepts, conditioning and practice principles to improve performance in specific settings and situations.

2.2 Transfer information between skills.

*2.3 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 physical activities in and out of class to gain more control over the decisions affecting their everyday living. (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 Recognize physical activity as a positive opportunity for social and group

*3.3 PE/Health objective does not apply.*

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### 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 Modify strategies to achieve personal fitness goals.

4.3 Work independently with minimal supervision to 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 Take personal responsibility for adhering to rules, procedures, safe practices, and appropriate use of time.

5.2 Work cooperatively in competitive and non-competitive activities.

5.3 Respect and recognize the uniqueness and differences of oneself and others.

**HEALTH**

Standard 1: Healthy Lifestyles

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

5.1 Explain the importance of an active lifestyle leading to life-long health.

5.2 Describe characteristics and causes of diseases and disorders.

5.3 Describe basic first aid and safety rules.

5.4 Identify emotions that accompany physical growth and development.

5.5 Identify the effects of substances and their use and abuse.

5.6 Identify the strategies for developing healthy eating habits.

5.7 Recognize factors that affect growth and development.

5.8 Identify environmental health issues and their relationship to a healthy lifestyle.

Standard 2: Risk Taking Behavior

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

5.1 Evaluate healthy living habits that can reduce the risk of illness and injury.

5.2 Describe behaviors/consequences of drug use.

5.3 Identify strategies for resisting substance abuse.

5.4 Explain 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.**

5.1 Explain the causes and effects of conflict in schools and families.

5.2 Demonstrate refusal and decision-making skills that enhance personal relationships

5.3 Describe how interpersonal communication skills 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**

5.1 Explain the validity of health information, products, and services.

5.2 List ways the media influences one's thinking in relation to mental and emotional

5.3 Describe community factors that promote wellness, safety, and disease prevention.

Standard 5: Mental and Emotional Wellness

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

5.1 Identify skills that positively control and express personal emotions and feelings.

5.2 Identify and practice effective strategies for stress management.

5.3 Describe how recreational and leisure time activities promote physical fitness and

5.4 Define emotional safety.

5.5 Identify behaviors that influence the use of alcohol, tobacco, and other drugs.