

PE/Health 6

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 PE/Health objective does not apply.

1.3 Demonstrate beginning strategies for invasion, wall/net, fielding/striking and

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 PE/Health objective does not apply.

2.3 Identify and utilizes offensive and defensive strategies in different settings and

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 PE/Health objective does not apply.

3.3 Seek personally challenging experiences in physical activity.

3.4 Monitor and assess time spent in physical activities.

Standard 4: Personal Fitness

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

4.1 Participate in and monitor moderate to vigorous physical activity in a variety of

4.2 *PE/Health objective does not apply.*

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 *PE/Health objective does not apply.*

HEALTH

Standard 1: Healthy Lifestyles

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

6.1 Identify the influence exercise has in developing a healthy system.

6.2 Identify prevention, causes, and treatment of diseases and disorders.

6.3 Demonstrate and be able to apply basic first aid and safety rules.

6.4 Describe emotions that affect personal health.

6.5 Identify the choices and consequences related to abuse of alcohol, tobacco, and other

6.6 Apply strategies for developing healthy eating habits.

6.7 Identify the functions and characteristics of the major body systems.

6.8 Discuss and evaluate the importance of healthy relationships.

6.9 Examine factors involved in selecting and using health information, products, and

6.10 Describe environmental health issues and their relationships to a healthy lifestyle.

Standard 2: Risk Taking Behavior

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

6.1 Identify risk factors for illness and injuries.

6.2 Examine and evaluate how the actions of one person affect the behaviors of others.

6.3 Describe high-risk substance abuse situations and behaviors that pose a risk to one's

6.4 Describe 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.

6.1 Describe the causes and effects of conflict in schools and families.

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

6.3 Explain 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

6.1 Evaluate the validity of health information, products, and services.

6.2 Analyze how the media influences information about tobacco, alcohol, and drugs.

6.3 Determine health resources available in personal community and state.

Standard 5: Mental and Emotional Wellness

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

6.1 Analyze skills that positively express personal emotions and feelings.

6.2 Analyze the influence exercise has on relieving mental and emotional tension.

6.3 Identify skills necessary for stress management, decision-making, and managing

6.4 Explore aspects of emotional safety.

6.5 Explore factors that influence the use of alcohol, tobacco, and drugs