

Grades K, 1, 2, 3

Adopted 2014

Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

A. Demonstrate physical competency in a variety of motor skills and movement patterns.

- 1a. Demonstrate control when performing fundamental locomotor, non-locomotor, and manipulative skills. 19.A.1A
- 1b. Participate daily in moderate to vigorous physical activity while performing basic movement patterns. 19.A.1B

B. Analyze various movement concepts and applications.

- 1a. Understand spatial awareness and relationships to objects and people. 19.B.1A
- 1b. Understand how to execute basic movement patterns. 19.B.1B

C. Demonstrate knowledge of rules, safety and strategies during physical activity.

- 1a. Demonstrate safe movement in physical activities. 19.C.1A

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

A. Know and apply the principles and components of health-related and skill-related fitness as applied to learning and performance of physical activities.

- 1a. Identify characteristics of health-related and skill-related fitness (e.g., flexibility, muscular strength, balance). 20.A.1A
- 1b. Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement. 20.A.1B

B. Assess individual fitness levels.

- 1a. Describe immediate effects of physical activity on the body (e.g., faster heartbeat, increased rate of breathing). 20.B.1A

C. Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.

- 1a. Identify a realistic health-related goal. 20.C.1A
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Develop skills necessary to become a successful member of a team by working with others during physical activity.

A. Demonstrate personal responsibility during group physical activities.

- 1a. Follow directions and class procedures while participating in physical activities. 21.A.1A
- 1b. Use identified procedures and safe practices with little or no reinforcement during group physical activities. 21.A.1B
- 1c. Work independently on tasks for short periods of time. 21.A.1C

B. Demonstrate cooperative skills during structured group physical activity.

- 1a. Work cooperatively with another to accomplish an assigned task. 21.B.1A

Understand principles of health promotion and the prevention and treatment of illness and injury.

A. Explain the basic principles of health promotion, illness prevention and safety including how to access valid information, products, and services.

- 1a. Identify general signs and symptoms of illness (e.g., fever, rashes, coughs, congestion). 22.A.1A
- 1b. Identify methods of health promotion and illness prevention (e.g., obtaining immunizations, hand washing, brushing, and flossing teeth, eating practices, sleep, cleanliness). 22.A.1B
- 1c. Identify dangerous situations and safety methods to reduce risks (e.g., traffic, improper use of medicine and poisons, strangers). 22.A.1C

B. Describe and explain the factors that influence health among individuals, groups, and communities.

- 1a. Encourage and support others in making positive health choices (e.g., eating practices, cleanliness, safety practices). 22.B.1A

C. Explain how the environment can affect health.

- 1a. Identify sources and causes of environmental health risks (e.g., air, soil, sun, water, noise, food, chemicals). 22.C.1A

D. Describe how to advocate for the health of individuals, families and communities.

- 1a. Identify positive health choices and demonstrate ways to communicate individual choices. 22.D.1A

Understand human body systems and factors that influence growth and development.

A. Describe and explain the structure and functions of the human body systems and how they interrelate.

- 1a. Identify basic parts of body systems and their functions (e.g., heart, lungs, eyes). 23.A.1A

B. Explain the effects of health-related actions on the body systems.

- 1a. Identify healthy actions that influence the functions of the body (e.g., cleanliness, proper diet, exercise). 23.B.1A

C. Describe factors that affect growth and development.

- 1a. Identify individual differences in growth and development among people. 23.C.1A
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D. Describe and explain the structures and functions of the brain and how they are impacted by different types of physical activity and levels of fitness.

- 1a. Locate and identify basic parts of the brain. 23.D.1A
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Promote and enhance health and well-being through the use of effective communication and decision-making skills.

A. Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.

- 1a. Differentiate between positive and negative behaviors (e.g., waiting your turn vs. pushing in line, honesty vs. lying). 24.A.1A
- 1b. Identify positive verbal and nonverbal communication skills (e.g., body language, manners, listening). 24.A.1B
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B. Apply decision-making skills related to the protection and promotion of individual, family, and community health.

- 1a. Recognize how choices can affect health (e.g., not brushing/tooth decay, smoking/risk of cancer and heart disease). 24.B.1A
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C. Demonstrate skills essential to enhancing health and avoiding dangerous situations.

- 1a. Demonstrate basic refusal skills (e.g., "Just Say No", "Stranger Danger"). 24.C.1A