

Health

Standard 2 – A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea 1 - Students will demonstrate personally and socially responsible behaviors. They will care and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

- Intermediate: understand the need for personal involvement in improving the environment
- Commencement: recognize how individual behavior affects the quality of the environment

Standard 3 – Resource Management

Students will understand and be able to manage their personal and community resources.

Key Idea 1 - Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

- Elementary: understand how culture contributes to individual family and community beliefs and practices affecting health.
- Intermediate: demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.
- Intermediate: recognize the need to advocate for family and community health.
- Commencement: demonstrates advocacy skills in promoting individual, family, and community health.

Physical Education

Standard 1 – Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Physical Education – Key Idea 1 – Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select

complex motor and sports activities. Students will design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance, and body composition.

- Intermediate: develop leadership, problem solving, cooperation, and team work by participating in group activities
- Commencement: make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs
- Commencement: demonstrate competence in leading and participating in group activities

Standard 2 – A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea 1 - Students will demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. Students will be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.

- Elementary: work constructively with others to accomplish a variety of goals and tasks
- Elementary: demonstrate care, consideration, and respect of self and others during physical activity
- Intermediate: develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others
- Intermediate: work constructively with others to accomplish a goal in a group activity, demonstrating consideration for others involved.
- Commencement: demonstrate responsible personal and social behavior while engaged in physical activities
- Commencement: create a positive climate for group activities by assuming a variety of roles
- Commencement: understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities

Standard 3 – Resource Management

Students will understand and be able to manage their personal and community resources.

Key Idea 1 - Students will be aware of and able to access opportunities available to them within their community to engage in physical activity. They will be informed consumers and be able to evaluate facilities and programs.

- Elementary: know that resources available at home and in the community offer opportunities to participate in and enjoy a variety of physical activities in their leisure time
- Elementary: become discriminating consumers of fitness information, health-related fitness activities in their communities, and fitness and sports equipment
- Elementary: demonstrate the ability to apply the decision making process to physical activity
- Intermediate: be informed consumers, aware of the alternatives available to them within their community for physical activity and should be able to evaluate facilities and programs available
- Commencement: recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community
- Commencement: recognizing the role as a concerned and discriminating consumer of physical activity programs and understand the importance for physical activity as a resource for everyone regardless of age and ability.

Family and Consumer Sciences

Standard 2- Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea 1 - Students will know the basic principles of home and community safety. They can demonstrate the skills necessary to maintain their homes and workplaces in a safe and comfortable condition. They can provide a safe and nurturing environment for themselves and others.

- Elementary: understand some basic requirements of nurturing people of various ages, and demonstrate appropriate ways to interact with them
- Elementary: know some conditions necessary for a safe and healthy home and school environment and recognize the various ways individuals contribute to that environment.

- Commencement: understand the stages of child development and apply this knowledge to activities designed to enrich the physical, social, mental, and emotional development of a young child
- Commencement: apply basic rules of health and safety to a variety of home and work place situations

Standard 3 - Resource Management

Students will understand and be able to manage their personal and community resources.

Key Idea 1 - Students will understand and be able to manage personal resources of talent, time, energy, and money and make effective decisions in order to balance their obligations to work, family, and self. They will nurture and support positive relationships in their homes, workplaces, and communities. They will develop and use their abilities to contribute to society through pursuit of a career and commitment to long-range planning for their personal, professional, and academic futures. They will know and access community resources

- Elementary: understand the kinds of resources available in their community and make informed decisions related to their use
- Elementary: know the different jobs in their communities and the contributions made by individuals performing those jobs
- Intermediate: understand how the family can provide for the economic, physical, and emotional needs of its members
- Intermediate: understand how working contributes to a quality living environment
- Intermediate: identify their own abilities and interests as possible guides to career choice.
- Commencement: analyze a wide range of factors related to managing personal resources to balance obligations to work, family, and self
- Commencement: develop job skills (e.g., communication, effective time management, problem solving, and leadership).