

Health and Physical Education

STANDARD 1

The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.

Benchmark: 1.1 Develop fundamental physical skills and progress to complex movement activities as physically able

Benchmark: 1.2 Incorporate rules and safety procedures into physical activities

Benchmark: 1.3 Understand the concepts of physical fitness and develop and monitor progress on personal fitness goals

Benchmark: 1.4 Understand nutrition and food nutrients and how they physical performance and the body

STANDARD 2

The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

Benchmarks: 2.1 Recognize patterns of growth and development

Benchmark: 2.2 Understand the transmission and control of communicable and non-communicable diseases

Benchmark: 2.3 Acquire skills to live safely

STANDARD 3

The student analyzes and evaluates the impact of real-life influences on health.

Benchmarks: 3.1 Understand how environmental factors affect one's health

Benchmark: 3.2 Gather and analyze health information

Benchmark: 3.3 Use social skills to project health and safety in a variety of situations

Benchmark: 3.4 Understand how emotions influence decision-making

STANDARD 4

The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

Benchmarks: 4.1 Assess needs and resources

Benchmark: 4.2 Develop a health and fitness plan and a monitoring system