

BIG IDEAS

Physical activity is an important part of overall health and well-being.

Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.

Safety and injury prevention practices allow lifelong participation in physical activities.

Learning Standards

| Curricular Competencies | Content |
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| <p><i>Students are expected to be able to do the following:</i></p> <p>Health and well-being</p> <ul style="list-style-type: none"> • Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities • Explain the importance of maintaining personal health • Identify and explain motivational factors influencing participation in recreational activities • Describe the impact of various types of physical activities on health and mental well-being <p>Safety</p> <ul style="list-style-type: none"> • Demonstrate safety, fair play, and leadership in physical activities • Explain how the use of proper techniques prevents injury <p>Participation</p> <ul style="list-style-type: none"> • Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity • Plan ways to overcome potential barriers to participation in physical activities | <p><i>Students are expected to know the following:</i></p> <p>Health and well-being</p> <ul style="list-style-type: none"> • the role of nutrition and how it can affect health and performance • potential short- and long-term consequences of health decisions • benefits of physical activities for health and mental well-being <p>Safety</p> <ul style="list-style-type: none"> • physical activity safety and etiquette • injury prevention and management <p>Participation</p> <ul style="list-style-type: none"> • proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills • ways to monitor and adjust physical exertion levels • rules and guidelines for different types of sports and activities • potential barriers to participation |