

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
<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 • Demonstrate reasoned decision-making related to their personal health and well-being <p>Safety</p> <ul style="list-style-type: none"> • Explain how proper technique and use of equipment reduces the chance of injury • Demonstrate safe and appropriate participation in physical activities <p>Participation</p> <ul style="list-style-type: none"> • Engage in a variety of recreational activities in different environments • Overcome potential barriers to participation in physical activities • Refine strategies to effectively participate in a variety of physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity <p>Leadership</p> <ul style="list-style-type: none"> • Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership • Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred 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 • recreational resources available in the community