

BIG IDEAS

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

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

Safely participating in activities and avoiding injury can sustain lifelong physical activity.

Preparation and organization helps people engage more regularly in physical activity.

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <ul style="list-style-type: none"> • Demonstrate appropriate movement skills for a variety of physical activities and environments • Develop and demonstrate strategies to effectively participate in a variety of physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity • Describe the impact of various types of physical activities on health and mental well-being • Plan ways to overcome potential barriers to participation in physical activities • Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities • Identify and implement tactics to increase their chances of success in a variety of physical activities • Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in physical activities • Explain the importance of resilience in maintaining personal health 	<p><i>Students are expected to know the following:</i></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 • physical activity safety and etiquette • benefits of physical activities to health and mental well-being • the roles of various nutrients and how they can affect health and performance • injury prevention and management • techniques for organizing and supervising activities • potential short- and long-term consequences of health decisions