

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 • Refine strategies to effectively participate in a variety of physical activities • Explain and demonstrate safe and appropriate participation in physical activities • Apply methods of monitoring and adjusting exertion levels in physical activity • Describe and analyze 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 • Employ 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 • Demonstrate the ability to apply health knowledge and healthy living skills in making reasoned decisions related to their personal health and well-being 	<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 consequences of health decisions, including substance misuse • healthy eating guidelines • healthy relationships