

# Physical Education/Health Mission and Focus

Students in Central Community School District 301 will acquire a variety of health enhancing skills which will contribute to lifelong fitness. Students will demonstrate development in psychomotor skills, teambuilding, and personal responsibility. In addition, students will become proactive decision makers to achieve active and healthy lives that will enable them to reach personal goals and contribute to society.

Gr	Focus	Purpose
00	PE - Rules & Safety, Spatial Awareness, & Cardiovascular Activity	Students will demonstrate an understanding of rules & safety during physical activity, and an overall awareness of their physical environment. They will distinguish the effect of cardiovascular activity on the body.
00	Personal Health	Students will apply basic health and safety habits and integrate effective communication skills. Students will also identify basic parts of the human body.
01	PE - Rules & Safety, Spatial Awareness, & Cardiovascular Activity	Students will demonstrate an understanding of rules & safety during physical activity, and an overall awareness of their physical environment. They will distinguish the effect of cardiovascular activity on the body.
01	Personal Health	Students will apply basic health and safety habits and integrate effective communication skills. Students will also identify basic parts of the human body.
02	Personal Health	Students will apply knowledge of disease prevention practices and differentiate between healthy and unhealthy choices. Students will also identify the functions of the human body systems
02	PE - Rules & Safety, Spatial Awareness, & Cardiovascular Activity	Students will demonstrate an understanding of rules & safety during physical activity, and an overall awareness of their physical environment. They will distinguish the effect of cardiovascular activity on the body.
03	Personal Health	Students will apply knowledge of disease prevention practices and differentiate between healthy and unhealthy choices. Students will also identify the functions of the human body systems

<b>Gr</b>	<b>Focus</b>	<b>Purpose</b>
03	PE - Cardiovascular Activity, Game Skills, Modified Games, & Competition and Cooperation	Student will demonstrate an understanding of the principles of movement skills through modified sport activity and health-enhancing physical fitness as a result of cardiovascular activity. They will integrate responsibility and cooperation in both independent and group practices.
04	Personal Health	Students will apply decision making skills in coping with risk reduction and interpersonal conflicts. Students will differentiate the effects of their actions on their bodies
04	PE - Cardiovascular Activity, Game Skills, Modified Games, & Competition and Cooperation	Student will demonstrate an understanding of the principles of movement skills through modified sport activity and health-enhancing physical fitness as a result of cardiovascular activity. They will integrate responsibility and cooperation in both independent and group practices.
05	Personal Health	Students will apply decision making skills in coping with risk reduction and interpersonal conflicts. Students will differentiate the effects of their actions on their bodies
05	PE - Cardiovascular Activity, Game Skills, Modified Games, & Competition and Cooperation	Student will demonstrate an understanding of the principles of movement skills through modified sport activity and health-enhancing physical fitness as a result of cardiovascular activity. They will integrate responsibility and cooperation in both independent and group practices.
06	Personal Health	Students will demonstrate the skills needed to make healthy decisions in the areas of personal wellness, first aid, safety, conflict resolution and maintaining a healthy environment. Students will also identify and compare the benefits of careers in the field of health occupations
06	PE - Game Rules, Personal Fitness Awareness, Sportsmanship & Responsibility	Students will analyze and improve their own fitness levels by combining knowledge of game rules with personal fitness skills. They will demonstrate and value teambuilding through sportsmanship and responsibility.
07	Personal Health	Students will show the ability to make healthy lifestyle choices as they pertain to mental health, nutrition, drugs, alcohol, and steroids
07	PE - Game Rules, Personal Fitness Awareness, Sportsmanship & Responsibility	Students will analyze and improve their own fitness levels by combining knowledge of game rules with personal fitness skills. They will demonstrate and value teambuilding through sportsmanship and responsibility.

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08	Personal Health	Students will determine the causes and effects of both communicable and non-communicable diseases. Students will correlate the benefits of lifetime fitness on the body systems.
08	PE - Game Rules, Personal Fitness Awareness, Sportsmanship & Responsibility	Students will analyze and improve their own fitness levels by combining knowledge of game rules with personal fitness skills. They will demonstrate and value teambuilding through sportsmanship and responsibility.
09	Personal Health	Students will demonstrate the ability to make responsible decisions in the areas of personal wellness, nutrition, tobacco, alcohol, drugs, sexuality. Students will evaluate the leading causes of death.
09	PE - Games, Rules, Life-Long Fitness Habits, & Safety	Students will illustrate their knowledge of skills and rules to be applied towards life-long activities. They will integrate technique and safety habits in individual and team activities.
10	Personal Health	Students will determine the lifelong effects of physical fitness, HIV/AIDS, and assess the effects of stress on the human body. Students will also apply the basic skills of CPR (cardio pulmonary resuscitation), AED (automated external defibrillator) and first aid.
10	PE - Walking	Students will implement a walking and wellness health-related fitness plan which includes the principles of training along with collection and interpretation of health related fitness data.
11	PE - Resistance Training - Technique, Safety, and Assessment	Students will model and analyze lifting techniques and safety protocols to evaluate their progress toward identified fitness goals.