

Department.Grade.Course PEH.00.PE

PEH.00.PE.H1

Students will demonstrate knowledge of both rules and safety by being assessed through observation.

- 1 Follow simple directions and rules when first directed for all activities.
- 2 Demonstrate an ability to perform safely using spatial awareness within the environment.
- 3 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills as well as combinations and sequences in each area.

PEH.00.PE.H2

Students will demonstrate an ability to recognize the changes their bodies go through during cardiovascular activity.

- 1 Demonstrate the ability to locate their heart beat with hand on chest area and compare the difference between resting heart rate and exercise induced heart rate.
- 2 Demonstrate the ability to explain some simple physiological changes the body incurs during physical activity.

PEH.00.PE.H3

Students will react appropriately to the differences that arise within their physical environment.

- 1 Demonstrate the ability to react to both verbal and non-verbal cues.
- 2 Work cooperatively with other students regardless of personal differences.
- 3 Demonstrate the ability to appropriately use an assortment of equipment.

Department.Grade.Course PEH.01.PE

PEH.01.PE.H1

Students will demonstrate knowledge of both rules and safety by being assessed through observation.

- 1 Follow simple directions and rules when first directed for all activities.
- 2 Demonstrate an ability to perform safely using spatial awareness within the environment.
- 3 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills as well as combinations and sequences in each area.

PEH.01.PE.H2

Students will demonstrate an ability to recognize the changes their bodies go through during cardiovascular activity.

- 1 Demonstrate the ability to locate their heart beat with hand on chest area and compare the difference between resting heart rate and exercise induced heart rate.
- 2 Demonstrate the ability to explain some simple physiological changes the body incurs during physical activity.

PEH.01.PE.H3

Students will react appropriately to the differences that arise within their physical environment.

- 1 Demonstrate the ability to react to both verbal and non-verbal cues.
- 2 Work cooperatively with other students regardless of personal differences.
- 3 Demonstrate the ability to appropriately use an assortment of equipment.

Department.Grade.Course PEH.02.PE

PEH.02.PE.H1

Students will demonstrate an ability to progress through the principles of movement skills in various modified sports activities.

- 1 Demonstrate the ability to perform a range of sports skills at their individual ability level.
 - 2 Demonstrate the ability to apply the learned sports skills to lead-up games and activities.
 - 3 Demonstrate the ability to apply knowledge learned from lead-up games to modified team games.
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PEH.02.PE.H2

Students will demonstrate an ability to recognize the benefits of cardiovascular activity through health-enhancing physical fitness.

- 1 Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.
 - 2 Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.
 - 3 Demonstrate the ability to recognize the negative affects of drugs, tobacco, and alcohol
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PEH.02.PE.H3

Students will demonstrate the ability to show responsibility and cooperation in everyday physical activities.

- 1 Demonstrate a willingness to work with other students toward a common goal.
- 2 Accept responsibility for own class participation.
- 3 Demonstrate an understanding of rules, regulations, and safety practices.

Department.Grade.Course PEH.03.PE

PEH.03.PE.H1

Students will demonstrate an ability to progress through the principles of movement skills in various modified sports activities.

- 1 Demonstrate the ability to perform a range of sports skills at their individual ability level.
 - 2 Demonstrate the ability to apply the learned sports skills to lead-up games and activities.
 - 3 Demonstrate the ability to apply knowledge learned from lead-up games to modified team games.
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PEH.03.PE.H2

Students will demonstrate an ability to recognize the benefits of cardiovascular activity through health-enhancing physical fitness.

- 1 Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.
 - 2 Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.
 - 3 Demonstrate the ability to recognize the negative affects of drugs, tobacco, and alcohol
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PEH.03.PE.H3

Students will demonstrate the ability to show responsibility and cooperation in everyday physical activities.

- 1 Demonstrate a willingness to work with other students toward a common goal.
- 2 Accept responsibility for own class participation.
- 3 Demonstrate an understanding of rules, regulations, and safety practices.

Department.Grade.Course PEH.04.PE

PEH.04.PE.H1

Students will demonstrate an ability to progress through the principles of movement skills in various modified sports activities.

- 1 Describe critical elements of correct movement pattern for all fundamental (basic) movement skills.
 - 2 Apply the concept of practice to improve skills in appropriate settings.
 - 3 Recognize and describe critical elements of more complex movement patterns.
 - 4 Identify ways that movement concepts can be used to refine movement skills
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PEH.04.PE.H2

Students will demonstrate an ability to recognize the benefits of cardiovascular activity through health-enhancing physical fitness.

- 1 Describe the physical, emotional, and psychological benefits of participation in health-related (healthy lifestyle) activities.
 - 2 Demonstrate regular participation in health-related activities outside of class.
 - 3 Describe those activities that are considered to be lifetime activities.
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PEH.04.PE.H3

Students will demonstrate the ability to show responsibility and cooperation in everyday physical activities.

- 1 Work cooperatively with others to obtain a common goal.
- 2 Follow rules and safe practices in all class activities without being reminded.
- 3 Distinguish between compliance and noncompliance with game rules and fair play.

Department.Grade.Course PEH.05.PE

PEH.05.PE.H1

Students will demonstrate an ability to progress through the principles of movement skills in various modified sports activities.

- 1 Describe critical elements of correct movement pattern for all fundamental (basic) movement skills.
 - 2 Apply the concept of practice to improve skills in appropriate settings.
 - 3 Recognize and describe critical elements of more complex movement patterns.
 - 4 Identify ways that movement concepts can be used to refine movement skills.
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PEH.05.PE.H2

Students will demonstrate an ability to recognize the benefits of cardiovascular activity through health-enhancing physical fitness.

- 1 Describe the physical, emotional, and psychological benefits of participation in health-related (healthy lifestyle) activities
 - 2 Demonstrate regular participation in health-related activities outside of class.
 - 3 Describe those activities that are considered to be lifetime activities.
-

PEH.05.PE.H3

Students will demonstrate the ability to show responsibility and cooperation in everyday physical activities.

- 1 Work cooperatively with others to obtain a common goal.
- 2 Follow rules and safe practices in all class activities without being reminded.
- 3 Distinguish between compliance and noncompliance with game rules and fair play.

Department.Grade.Course PEH.06.PE

PEH.06.PE.H1

Students will demonstrate competence of game rules through proper game play in both group and independent settings.

- 1 Demonstrate their knowledge of the rules prior to activity.
 - 2 Demonstrate game rules through participation with others.
 - 3 State game rules to others during activities.
 - 4 Monitor and adjust game play to coincide with game rules.
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PEH.06.PE.H2

Students will improve their personal fitness level through analyzing and evaluating their intensity during activities.

- 1 Monitor heart rate during game play.
 - 2 Compare heart rate level to suggested heart rate levels during activity.
 - 3 Adjust personal intensity during game play to increase their desired fitness level.
 - 4 Analyze personal fitness testing scores to identify areas of improvement.
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PEH.06.PE.H3

Students will demonstrate responsibility and sportsmanship in class preparation and participation.

- 1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- 2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- 3 Respect equipment through proper care for and use of equipment.
- 4 Demonstrate a positive competitive attitude in all game play situations.
- 5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

Department.Grade.Course PEH.07.PE

PEH.07.PE.H1

Students will demonstrate competence of game rules through proper game play in both group and independent settings.

- 1 Demonstrate their knowledge of the rules prior to activity.
 - 2 Demonstrate game rules through participation with others.
 - 3 State game rules to others during activities.
 - 4 Monitor and adjust game play to coincide with game rules.
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PEH.07.PE.H2

Students will improve their personal fitness level through analyzing and evaluating their intensity during activities.

- 1 Monitor heart rate during game play.
 - 2 Compare heart rate level to suggested heart rate levels during activity.
 - 3 Adjust personal intensity during game play to increase their desired fitness level.
 - 4 Analyze personal fitness testing scores to identify areas of improvement.
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PEH.07.PE.H3

Students will demonstrate responsibility and sportsmanship in class preparation and participation.

- 1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- 2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- 3 Respect equipment through proper care for and use of equipment.
- 4 Demonstrate a positive competitive attitude in all game play situations.
- 5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

Department.Grade.Course PEH.08.HL

PEH.08.HL.H1

Students will establish positive health practices and available health care that can help reduce health risks.

- 1 Identify, define and categorize communicable and non-communicable diseases
 - 2 Determine ways to protect against obtaining and transmitting diseases.
 - 3 List proactive lifestyle choices that can reduce the chances of obtaining non-communicable diseases.
 - 4 Identify treatments for communicable and non-communicable diseases.
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PEH.08.HL.H2

Students will analyze the effects of their lifestyle choices on the body systems.

- 1 Demonstrate the understanding of the body systems and their functions.
 - 2 Categorize different parts of the body and their body system.
 - 3 List effects of a sedentary lifestyle on the body systems.
 - 4 Determine the effects of nutrition on the body systems.
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PEH.08.HL.H3

Students will assess the changes to individual exercise by applying fitness principles.

- 1 Demonstrate understanding of the FITT principles.
 - 2 Participate in physical activity and measure the effects of fitness on the body.
 - 3 Monitor effects of exercise by adjusting different fitness principles.
 - 4 Determine which FITT principles can improve personal fitness goals.
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PEH.08.HL.H4

Students will develop a fitness profile that addresses strengths and weaknesses of their personal health.

- 1 Determine current physical activities that each individual is participating.
 - 2 Identify personal nutritional decisions and their possible effects on the body.
 - 3 Develop personal short-term and long-term nutritional goals.
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PEH.08.HL.H5

Students will evaluate their fitness plan and apply fitness principles to increase their overall fitness level.

- 1 Determine current fitness level.
 - 2 Identify targeted areas for improvement and create a fitness plan.
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- 3 Apply fitness principles to an individual fitness plan to improve personal wellbeing.
- 4 Identify opportunities within the community to apply a personal fitness plan.

Department.Grade.Course PEH.08.PE

PEH.08.PE.H1

Students will demonstrate competence of game rules through proper game play in both group and independent settings.

- 1 Demonstrate their knowledge of the rules prior to activity.
- 2 Demonstrate game rules through participation with others.
- 3 State game rules to others during activities.
- 4 Monitor and adjust game play to coincide with game rules.

PEH.08.PE.H2

Students will improve their personal fitness level through analyzing and evaluating their intensity during activities.

- 1 Monitor heart rate during game play.
- 2 Compare heart rate level to suggested heart rate levels during activity.
- 3 Adjust personal intensity during game play to increase their desired fitness level.
- 4 Analyze personal fitness testing scores to identify areas of improvement.

PEH.08.PE.H3

Students will demonstrate responsibility and sportsmanship in class preparation and participation.

- 1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- 2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- 3 Respect equipment through proper care for and use of equipment.
- 4 Demonstrate a positive competitive attitude in all game play situations.
- 5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

Department.Grade.Course PEH.09.HL1

PEH.09.HL1.H1

Students will formulate a personal health plan for their lifelong wellness.

- 1 Define health using the 3 elements of health.
- 10 Set goals using the decision making model.
- 2 Describe how the health continuum pertains to oneself.
- 3 List the lifestyle factors that increase a person's overall health.
- 4 Analyze a variety of health information from many sources and recognize reliable sources of help.
- 5 Name influences on your health and correlate to one's own health.
- 6 List the major health risk factors.
- 7 Relate protective to the appropriate risk factors.
- 8 Define the communication skills and refusal skills to the building of self-esteem.
- 9 Identify basic stress-management skills.

PEH.09.HL1.H2

Students will analyze their nutritional habits as it relates to the food guide pyramid.

- 1 Identify the various influences on one's diet.
- 2 Define the macronutrients.
- 3 Analyze the importance of macronutrients in your diet.
- 4 Define the micronutrients.
- 5 Analyze the importance of micronutrients in your diet.
- 6 Analyze the dietary guidelines for Americans using the food guide pyramid.
- 7 Analyze their diet as it relates to the food guide pyramid.

PEH.09.HL1.H3

Students will apply their knowledge of the leading causes of death to their lifestyle.

- 1 Identify the leading causes of death based on the most recent statistics from the CDC.
- 2 Analyze the leading causes of death for gender and age specific groups.
- 3 Define each cause of death.
- 4 Differentiate which causes of death are communicable and non-communicable.
- 5 Describe methods to reduce your chances of early death.

PEH.09.HL1.H4

Students will assess the negative effects of the use of tobacco products.

- 1 Analyze why young people start smoking.
- 2 Analyze a cigarette's content.
- 3 Identify other forms of tobacco that people use.
- 4 Identify the effects of tobacco use.
- 5 Identify the effects of smoke on the nonsmoker.
- 6 Define the strategies for quitting smoking.
- 7 Recognize the move towards a smoke-free society.

PEH.09.HL1.H5

Students will assess the negative effects of the use of alcohol.

- 1 Define alcohol.
- 2 Identify myths about alcohol and teens.
- 3 Analyze the reasons why young people use alcohol.
- 4 Define the factors that affect teen alcohol use.
- 5 Explain the effects of advertising and alcohol abuse.
- 6 Identify the short-term effects of drinking on your body.
- 7 Define alcoholism.
- 8 Identify the stages of alcoholism.
- 9 Evaluate the costs to society of abusing alcohol.

PEH.09.HL1.H6

Students will assess the negative effects of the various drug classifications.

- 1 Examine trends in teen drug use.
- 2 Analyze why people begin using drugs.
- 3 Identify the dangers of substance abuse.
- 4 Critique the costs of substance abuse.
- 5 Define and describe the effects of various types of psychoactive drugs including stimulants, depressants, narcotics, and hallucinogens.
- 6 Define and describe marijuana, inhalants, and designer drugs.
- 7 Analyze strategies for preventing substance abuse.
- 1 Define adolescence.

PEH.09.HL1.H7

Students will explain the functions of the reproductive systems and elaborate on the consequences of sexual activity.

- 2 Interpret physical and mental changes during puberty.
- 3 Identify and diagram the male and female reproductive systems.
- 4 Critique decisions about sexual activity.
- 5 Analyze the benefits of abstinence.
- 6 Identify consequences of sexual activity.
- 7 Define various STD's.
- 8 Compare and contrast various contraceptives.
- 9 Analyze the reasons for and the benefits of the "Safe Haven" law.

Department.Grade.Course PEH.09.PE

PEH.09.PE.H1

Students will demonstrate basic physical skills for both team and individual activities.

- 1 Demonstrate knowledge of skills in individual and team sports, through creative movement and work-related activities.
 - 2 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.
 - 3 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.
 - 4 Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.
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PEH.09.PE.H2

Students will demonstrate knowledge of rules applied in team and individual activities.

- 1 Compare and contrast their knowledge of rules for team and individual activities through class discussion.
 - 2 Demonstrate their knowledge of the desired rules for activities through participation.
 - 3 Demonstrate rule competency prior to starting an activity..
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PEH.09.PE.H3

Students will demonstrate knowledge of the proper technique needed for team and individual activities.

- 1 Develop an understanding of proper technique through classroom discussion.
 - 2 Model proper techniques for each activity.
 - 3 Demonstrate proper technique through activity participation and classroom assessment.
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PEH.09.PE.H4

Students will understand the proper safety habits needed for individual and team activities.

- 1 Explain why safety habits are important for individual and team activities.
 - 2 Apply proper safety habits during classroom participation.
 - 3 Demonstrate all other classroom safety procedures.
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Department.Grade.Course PEH.10.HL2

PEH.10.HL2.H1

Students will analyze their personal fitness levels and compare those to the norms.

- 1 Identify the benefits of physical fitness.
 - 2 Define the basic components of physical fitness.
 - 3 Analyze ways to improve your physical fitness.
 - 4 Apply personal fitness goals.
 - 5 Identify the basics of an exercise program.
 - 6 Define a workout.
 - 7 Identify choices for physical activity.
 - 8 Analyze the importance of lifetime physical fitness.
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PEH.10.HL2.H2

Students will explain the causes of HIV and its transition to AIDS.

- 1 Identify how the immune system works.
 - 2 Define HIV.
 - 3 Dissect how HIV attacks your immune system.
 - 4 Show how HIV is transmitted.
 - 5 Examine how HIV progresses to AIDS.
 - 6 Analyze the consequences of HIV and AIDS.
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PEH.10.HL2.H3

Students will explain sources of stress and how it impacts their lives.

- 1 Identify and define the kinds of stressors.
 - 2 Analyze the body's stress response.
 - 3 Define the kinds of fatigue.
 - 4 Identify and define the various personality types and how stress affects each.
 - 5 Analyze stress management skills.
 - 6 Define and analyze the stages of loss.
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PEH.10.HL2.H4

Students will demonstrate proficiency in performing basic life saving skills (CPR, choking and AED.)

- 1 Define the Heimlich maneuver and use decision-making strategies to determine when to use it.
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- 10 Demonstrate how to do CPR on an adult model.
- 2 Apply Heimlich skills to the child and adult models.
- 3 Define the unconscious choking maneuver and when to use it.
- 4 Demonstrate how to do unconscious choking maneuver on infant models.
- 5 Demonstrate how to do unconscious choking maneuver on child models.
- 6 Demonstrate how to do unconscious choking maneuver on adult models.
- 7 Define CPR and when to use decision-making strategies to determine when to use it.
- 8 Demonstrate how to do CPR on an infant model.
- 9 Demonstrate how to do CPR on a child model.

PEH.10.HL2.H5

Students will demonstrate proficiency in the proper use of the AED Skills.

- 1 Define the AED and to use decision-making strategies to determine when to use it.
- 2 Identify key components of the AED machines.
- 3 Demonstrate how to use the AED machine on the child model.
- 4 Demonstrate how to use 2 types of an AED machine on the adult models.

PEH.10.HL2.H6

Students will explain and demonstrate first aid techniques for a variety of life threatening situations.

- 1 Explain the benefits of first aid.
- 10 Chart sudden illnesses and the appropriate care for those patients.
- 11 Chart the 4 types of poisoning and the appropriate care for those patients.
- 12 Demonstrate splinting techniques for various muscle and bone injuries.
- 13 Chart the different types of heat emergencies and recognize the different ways to care for those patients.
- 14 Chart the different types of cold emergencies and recognize the different ways to care for those patients.
- 2 Explain each part of the chain of survival.
- 3 Identify the 3 C's of emergency care.
- 4 Apply knowledge of the leading causes of death and determine the appropriate first aid response.
- 5 Demonstrate the 3 ways to control bleeding.
- 6 Demonstrate bandaging techniques for various types bleeding of situations.
- 7 Demonstrate the variety of ways to safely carry an injured person.
- 8 Define shock and recognize the signs and symptoms of shock.
- 9 Define heart emergencies and recognize the signs and symptoms of heart attacks.

Department.Grade.Course PEH.10.WK

PEH.10.WK.H1

Students will apply their knowledge of an active life style toward life long wellness.

- 1 Develop personal goal(s) and a plan to achieve their goal(s).
- 2 Participate in a daily walking program in both group and individual settings.
- 3 Apply the use of technology in recording walking intensity.
- 4 Record log results of walking intensity.
- 5 Analyze current results to establish positive life style effects.
- 6 Apply knowledge of fitness concepts towards life long wellness.

PEH.10.WK.H2

Students will apply respect, teamwork, and positive attitude towards their wellness goals.

- 1 Demonstrate personal responsibility.
- 2 Demonstrate initiative in performing and participating in class activities.
- 3 Demonstrate positive attitude by encouraging and cooperating with others.
- 4 Demonstrate the ability to work independently with consistent effort.
- 5 Demonstrate understanding of equipment safety.
- 6 Demonstrate respect for others by arriving on time.
- 7 Incorporate good communication skills with teacher and other students.
- 8 Model good citizenship which includes non-discrimination of others.

Department.Grade.Course PEH.11.RIS

PEH.11.RIS.H1

Students will apply the proper techniques needed for the required lifts used in class.

- 1 Demonstrate control when performing a combination and sequence of muscle and joint movement in the bench press.
 - 2 Demonstrate control when performing a combination and sequence of muscle and joint movement in the squat.
 - 3 Demonstrate control when performing a combination and sequence of muscle and joint movement in the dead lift.
 - 4 Demonstrate control when performing a combination and sequence of muscle and joint movement in the auxiliary lifts.
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PEH.11.RIS.H2

Students will analyze their classmates and monitor their own technique.

- 1 Model the proper technique for each of the three core lifts for the instructor.
 - 2 Model proper lifting technique for one another.
 - 3 Perform self-correcting methods through peer guidance.
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PEH.11.RIS.H3

Students will apply proper safety protocols when performing exercises and monitoring their partners.

- 1 Use proper safety equipment.
 - 2 Perform the proper spotting technique.
 - 3 Model proper lifting techniques through assigned modified activities.
 - 4 Demonstrate all other classroom safety procedures.
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PEH.11.RIS.H4

Students will evaluate progress toward identified fitness goals.

- 1 List fitness goals for this class, including core lift improvement.
 - 2 Perform 8 to 10 rep maximum lifts in the three core areas (bench, squat, and deadlift).
 - 3 Perform prescribed programs of lifting according to workout cycle.
 - 4 Perform 8 to 10 reps maximum lifts in the three core areas to assess progress at the conclusion of the semester. (Core index number will be determined and improvement noted.)
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