

Grades 9, 10

Adopted 2014

Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

A. Demonstrate physical competency in a variety of motor skills and movement patterns.

- 4a. Perform skills efficiently in a variety of leisure activities, sports, creative movement, and work-related activities. 19.A.4A
- 4b. Participate daily in moderate to vigorous physical activity while performing movement patterns in a variety of activities. 19.A.4B

B. Analyze various movement concepts and applications.

- 4a. Analyze various movement patterns for efficiency and effectiveness. 19.B.4A
- 4b. Analyze multiple movement patterns with additional combination movement patterns and their effects on the brain. 19.B.4B

C. Demonstrate knowledge of rules, safety and strategies during physical activity.

- 4a. Develop rules and safety procedures for physical activities. 19.C.4A
- 4b. Select and apply offensive, defensive, and cooperative strategies in selected activities, games, and sports. 19.C.4B

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

A. Know and apply the principles and components of health-related and skill-related fitness as applied to learning and performance of physical activities.

- 4a. Interpret the effects of exercise/physical activity on the level of health-related and skill-related fitness. 20.A.4A
- 4b. Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and know the implications of and the benefits from participation in those programs. 20.A.4B

B. Assess individual fitness levels.

- 4a. Record and interpret health-related physiological data (e.g., blood pressure, body mass index, oxygen exchange), with and without the use of technology. 20.B.4A
- 4b. Prepare an individual health-related fitness profile and evaluate fitness level on each component. 20.B.4B
- 4c. Understand and explain the importance of fitness as it relates to academic performance. 20.B.4C

C. Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.

- 4a. Set realistic, short-term, health-related fitness goals based on individual profiles. 20.C.4A
 - 4b. Analyze personal fitness data and academic performance and describe the correlation between the two. 20.C.4B
 - 4c. Evaluate physical fitness services, products, and advertising. 20.C.4C
 - 4d. Design and implement a personal fitness program. 20.C.4D
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Develop skills necessary to become a successful member of a team by working with others during physical activity.

A. Demonstrate personal responsibility during group physical activities.

- 4a. Demonstrate decision-making skills both independently and with others during physical activities. 21.A.4A
 - 4b. Apply identified procedures and safe practices to all group physical activity settings. 21.A.4B
 - 4c. Complete a given task on time. 21.A.4C
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B. Demonstrate cooperative skills during structured group physical activity.

- 4a. Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering). 21.B.4A
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Understand principles of health promotion and the prevention and treatment of illness and injury.

A. Explain the basic principles of health promotion, illness prevention and safety including how to access valid information, products, and services.

- 4a. Compare and contrast communicable, chronic, and degenerative illnesses (e.g., influenza, cancer, arthritis). 22.A.4A
 - 4b. Analyze possible outcomes of effective health promotion and illness prevention (e.g., reduction in stress, improved fitness, lessened likelihood of injury and illness). 22.A.4B
 - 4c. Demonstrate basic procedures in injury prevention and emergency care that can be used in the home, workplace, and community (e.g., first aid, CPR). 22.A.4C
 - 4d. Research and report about a career in health promotion, health care and injury prevention. 22.A.4D
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B. Describe and explain the factors that influence health among individuals, groups, and communities.

- 4a. Explain social and economic effects of health problems on individuals and society (e.g., cost of health care, reduction in productivity). 22.B.4A
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C. Explain how the environment can affect health.

- 4a. Analyze how environmental conditions can affect health on a large scale (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion). 22.C.4A

D. Describe how to advocate for the health of individuals, families and communities.

- 4a. Identify health resources to help influence others in making healthy choices. 22.D.4A
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Understand human body systems and factors that influence growth and development.

A. Describe and explain the structure and functions of the human body systems and how they interrelate.

- 4a. Explain how body system functions can be maintained and improved (e.g., exercise/fitness, nutrition, safety). 23.A.4A
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B. Explain the effects of health-related actions on the body systems.

- 4a. Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health). 23.B.4A
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C. Describe factors that affect growth and development.

- 4a. Describe changes in physical health and body functions at various stages of the life cycle. 23.C.4A
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D. Describe and explain the structures and functions of the brain and how they are impacted by different types of physical activity and levels of fitness.

- 4a. Explain how brain functions can be maintained and improved through activity. 23.D.4A
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Promote and enhance health and well-being through the use of effective communication and decision-making skills.

A. Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.

- 4a. Describe the effects (e.g., economic losses, threats to personal safety) of conflict and violence upon the health of individuals, families, and communities. 24.A.4A
- 4b. Formulate strategies to prevent conflict and resolve differences. 24.A.4B
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B. Apply decision-making skills related to the protection and promotion of individual, family, and community health.

- 4a. Explain how decision making affects the achievement of individual health goals. 24.B.4A
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C. Demonstrate skills essential to enhancing health and avoiding dangerous situations.

- 4a. Formulate a plan to achieve individual health goals. 24.C.4A