

WELLNESS & FITNESS

LENGTH OF TIME: one year

GRADE LEVEL: 1

COURSE STANDARDS:

Students will:

1. Identify and demonstrate basic movement skills for participation in exercise, fitness, and game type activities. (NPES 1, 2, 3, 4; PA Std 10.4.3 a, b, e)
2. Appreciate and apply simple rules and appropriate behaviors for movement, dance, and games. (NPES 1, 2; PA Std 10.5.3 c, f)
3. Participate as leader and follower in simplified activities to help the development of self confidence and interpersonal skills. (NPES 5, 7; PA Std 10.4.3 f)
4. Identify common health problems of children. (NHS1; PA Std 10.1.3 e)
5. Describe relationships between personal health behaviors and individual well being. (NHS1; PA Std 10.2.3 a)
6. Describe how family influences personal health. (NHS1; PA Std 10.2.3 b)
7. Demonstrate the ability to locate school and community health helpers. (NHS2; PA Std 10.2.3 a)
8. Identify personal health needs. (NHS3; PA Std 10.2.3 a)
9. Identify responsible health behaviors. (NHS3; PA Std 10.2.3 d)
10. Explain how information from school and family influence health. (NHS4; PA Std 10.3.3 a)
11. Describe characteristics needed to be a responsible friend and family member. (NHS5; PA Std 10.1.3 a)
12. Demonstrate healthy ways to express needs, wants and feelings. (NHS5; PA Std 10.3.3 c)
13. Explain when to ask for assistance in making health-related decisions and setting health goals. (NHS6; PA Std 10.2.3 d)
14. Describe a variety of methods to convey accurate health information and ideas. (NHS7; PA Std 10.2.3 b)

NATIONAL PHYSICAL EDUCATION STANDARDS

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.

7. Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

NATIONAL HEALTH STANDARDS:

1. Comprehend concepts related to health promotion and disease prevention.
2. Demonstrate the ability to access valid health information and health promoting products and services.
3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Analyze the influence of culture, media, technology, and other factors on health.
5. Demonstrate the ability to use interpersonal communication skills to enhance health.
6. Demonstrate the ability to use goal setting and decision making skills to enhance health.
7. Demonstrate the ability to advocate for personal, family, and community health.

RELATED PA ACADEMIC STANDARDS FOR HEALTH, SAFETY AND PHYSICAL EDUCATION

- 10.1 Concepts of Health
 - A. Stages of Growth and Development
 - E. Health Problems and Disease Prevention
- 10.2 Healthful Living
 - A. Health Practices, Products and Services
 - B. Health Information and Consumer Choices
 - D. Decision-making Skills
- 10.3 Safety and Injury Prevention
 - A. Safe/Unsafe Practices
 - C. Strategies to Avoid/Manage Conflict
- 10.4 Physical Activity
 - A. Physical Activities That Promote Health and Fitness
 - B. Effects of Regular Participation
 - E. Physical Activity and Motor Skill Improvement
 - F. Physical Activity and Group Interaction
- 10.5 Concepts, Principles and Strategies of Movement
 - C. Practice Strategies
 - F. Game Strategies

PERFORMANCE ASSESSMENTS:

Students will demonstrate achievement of the standards by:

1. Fitnessgram (course standard 1)
2. Basic locomotor and skill test. (course standard 1)
3. Safe participation in all games and activities. (course standard 2)
4. Participating in adventure based activities. (course standard 3)
5. Preparing Fitness Gram reports (course standard 8, 14)
6. Making a poster on friendly helpers in the community (course standard 7)
7. Drawing a picture of healthy habits (course standard 9)

MATERIALS:

1. Appropriate equipment and materials for specifically designed activities.
2. Fitness Gram software

METHODS OF ASSISTANCE AND ENRICHMENT:

1. Adaptive Physical Education
2. Individual assistance from teacher
3. Student assistants
4. Guest speakers
5. Technology
6. Assemblies
7. American Heart Association – Jump for Heart

PORTFOLIO DEVELOPMENT:

1. Skills checklist
2. Fitness Gram reports
3. “I” picture
4. Healthy habits drawing

METHODS OF EVALUATION:

1. Skills testing
2. Performance level tests
3. Demonstration
4. Videotape - pre/post evaluation
5. Self evaluation
6. Teacher observation
7. Projects
8. Quizzes and tests

INTEGRATED ACTIVITIES:

1. Concepts
 - introduce and develop understanding of rules and cooperation
 - introduce knowledge of basic concepts and practice in non competitive activities
 - distinguish between safe and risky or harmful behaviors
 - understand the personal responsibility of the choices we make
 - understand the need for good manners
 - identify the difference between healthy and unhealthy habits
2. Communication
 - listen, appreciate, recognize, describe, understand
 - verbal and physical responses
 - perform activities

3. Thinking/Problem Solving

- listen
- observe
- describe
- cooperate
- make decisions

4. Application of Knowledge

- class work
- discussions
- presentations
- demonstrate skill or activity
- demonstrate correct and safe use of equipment
- evaluate

5. Interpersonal Skills

- respect others
- communicate effectively
- recognize and practice cooperation skills
- recognize and practice good sportsmanship
- practice skills in a safe environment