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| **Pennsylvania Health**  **and Physical Education Standards** |
| **Academic Standards for Health, Safety and Physical Education** (22 Pa. Code, Chapter 4, Appendix D (#006-276) Final Form-Annex A July 18, 2002)  **THE ACADEMIC STANDARDS**  **Concepts of Health..................10.1.**  *A. Stages of Growth and Development*  *B. Interaction of Body Systems*  *C. Nutrition*  *D. Alcohol, Tobacco and Chemical Substances*  *E. Health Problems and Disease Prevention*  **Healthful Living….…................10.2.**  *A. Health Practices, Products and Services*  *B. Health Information and Consumer Choices*  *C. Health Information and the Media*  *D. Decision-making Skills*  *E. Health and the Environment*  **Safety and Injury Prevention ................ 10.3.**    *A. Safe/Unsafe Practices*  *B. Emergency Responses/Injury Management*  *C. Strategies to Avoid/Manage Conflict*  *D. Safe Practices in Physical Activity*  **Physical Activity...................... 10.4.**  *A. Physical Activities That Promote Health and*  *Fitness*  *B. Effects of Regular Participation*  *C. Responses of the Body Systems to Physical*  *Activity*  *D. Physical Activity Preferences*  *E. Physical Activity and Motor Skill Improvement*  *F. Physical Activity and Group Interaction*  **Concepts, Principles and Strategies of Movement …10.5.**  *A. Movement Skills and Concepts*  *B. Motor Skill Development*  *C. Practice Strategies*  *D. Principles of Exercise/Training*  *E. Scientific Principles That Affect Movement*  *F. Game Strategies*    National Standards for Physical Education  Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.  A physically educated person:  **Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  **Standard 3:** Participates regularly in physical activity.  **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.  **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.  **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.      **National Standards**  **For Health Education**  **HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.**    **HEALTH EDUCATION STANDARD 2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.**    **HEALTH EDUCATION STANDARD 3 – Students will demonstrate the ability to access valid information and products and services to enhance health.**    **HEALTH EDUCATION STANDARD 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**    **HEALTH EDUCATION STANDARD 5 – Students will demonstrate the ability to use decision-making skills to enhance health.**    **HEALTH EDUCATION STANDARD 6 – Students will demonstrate the ability to use goal-setting skills to enhance health.**    **HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**  **HEALTH EDUCATION STANDARD 8 – Students will demonstrate the ability to advocate for personal, family and community health** |