

# Health and PE Standards

# Wellness pages 13-17

## Key Topics

Dimensions of health, hygiene, disease prevention, analyzing influences, accessing valid information, communication, decision making, goal setting

## Progression over time

Starting simply and adding building blocks slowly over time. Beginning with identifying what is healthy and unhealthy, and over time allowing students to make healthy adult decisions.

## Wonderings

In grades 6-12, hygiene is missing.

# Safety pgs 18-21

## Key Topics:

First Aid

Injury Prevention

Violence Prevention

## Progression over time

Injury Prevention: Identify hazards, how to prevent hazards from doing harm, avoidance of risky behaviors

First Aid: Emergency/Non-Emergency, safety and emergency disaster preparedness, CPR/First Aid/ AED training

Violence Prevention: Understand/Recognize violence vs. abuse, describe/identify forms of abuse, analyze and avoid situations with violence.

## Wonderings

Do the pieces about electronics cover social media? *Great question, we have a digital citizenship curriculum as well so this is a partnership.*

Violence Prevention: curriculum targeting bullying in social media and in person

# Nutrition pgs 22-27

## **Key Topics**

Food Groups, Beverages, Labels, Caloric intake/expend., disease prevention, and nutritional planning

## **Progression over time**

Understand key concepts and then ultimately using the concepts

## **Wonderings**

How to teach everything in middle school? How can we do more with technology?

# Sexual Health pgs 28-34

## Key Topics

Anatomy, physiology, human growth and development (grow and mature, living things then human reproduction), puberty, HS young adults and how sexuality changes over your life span, HIV/AIDS transmission of disease, stages of pregnancy, abstinence (gr 6) and birth control (gr 7), self identity, healthy relationships, sexual abuse, communication and resources

## Progression over time

Present for each theme

## Wonderings:

New Bill - how in depth do we go into the topic, parent role vs. teacher role, teachers going outside the curriculum or beyond lessons.

# Social Emotional Health pgs 35-40

## **Key Topics -**

Self esteem, body image, stress, expressing emotions, HIB, Emotional, mental and behavioral health (upper grades)

## **Progression over time -**

At the beginning is lays the foundation with vocabulary and characteristics then progresses to a deeper understanding (along with more complex ideas that link to the characteristic). Starts with self and then progresses to others and empathy building.

## **Wonderings -**

How much dedicated time for instruction and how much is structured verse embedded in content already being taught.\*\*

What will training and PD look like for staff?

# Substance Abuse pgs 41-44

Key Topics - Use and abuse, Effects, Prevention, 6th grade(treatment, legal consequences)

## Progression over time

Begins with medications vs. harmful drugs in Kindergarten. By high school-classification of substances, living a drug free life.

6th grade-Use and abuse medications and drugs into high school on analyzing different substance abuse.

6th grade-Treatment-different substance abuse services, how to prevent addiction, and codependency.

6th grade-Legal Consequences-Identifying legal and illegal substances and in highschool-understand school, local, federal laws related to substance possession and use.

Wonderings:

# Physical Education pgs. 60-92

Key Topics

Progression over time

Wonderings