

Flagler County HOPE Variation 2023-2024 Scope and Sequence

Year at a glance: Please note that the map is based on a 180-day schedule.

Quarter 1: August 10, 2023- October 11, 2023	
Topic	Benchmark/ Standards
Community Health	<p><u>HE.912.C.2.3:</u> Assess how the school and community can affect personal health practice and behaviors. Clarifications: Healthier foods, required health education, health screenings, and enforcement of “no tolerance” policies related to all forms of violence, and AED availability and training.</p>
	<p><u>HE.912.C.2.4:</u> Evaluate how public health policies and government regulations can influence health promotion and disease prevention. Clarifications: Seat-belt enforcement, underage alcohol sales, reporting communicable diseases, child care, and AED availability.</p>
	<p><u>HE.912.P.8.3:</u> Work cooperatively as an advocate for improving personal, family, and community health. Clarifications: Support local availability of healthy food options; environmentally friendly shopping; victim, drug or teen court advocacy; advocate for peer-led abuse-prevention education programs, community resource information; and home/school safety.</p>
	<p><u>PE.912.C.2.12:</u> Compare and contrast aerobic versus anaerobic activities.</p>
	<p><u>PE.912.L.3.5:</u> Identify the community opportunities for participation in a variety of physical activities.</p>
	<p><u>PE.912.R.5.2:</u> Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.</p>
	<p><u>PE.912.R.5.3:</u> Demonstrate sportsmanship during game situations. Clarifications: Some examples are controlling emotions, resolving conflicts, respecting opponents and officials, and accepting both victory and defeat.</p>

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	<p>PE.912.R.5.4: Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. Clarifications: Some examples are respecting teammates, opponents and officials, and accepting both victory and defeat.</p> <p>PE.912.R.5.5: Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.</p> <p>PE.912.R.6.3: Analyze the roles of games, sports and/or physical activities in other cultures.</p>
Consumer Health	<p>HE.912.C.2.5: Evaluate the effect of media on personal and family health. Clarifications: Compares brand-name/store-brand items in home, analyzes television viewing habits, identifies effective PSAs, consumer skills, advertisements of health-related community resources, participation in risky behaviors, and deconstructs media to identify promotion of unhealthy stereotypes, and normalization of violence.</p>
Environmental Health	<p>HE.912.C.2.8: Analyze how the perceptions of norms influence healthy and unhealthy behaviors. Clarifications: Driving over the speed limit, teen parenting, binge drinking, relationships, parenting, health information, environmental practices, and media messages.</p>
Injury Prevention and Safety	<p>PE.912.C.2.16: Explain the methods of monitoring levels of intensity during aerobic activity. Clarifications: Some examples are a talk test, rate of perceived exertion and checking one's heart rate/pulse.</p> <p>PE.912.C.2.25: Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.</p> <p>PE.912.C.2.7: Evaluate the effectiveness of specific warm-up and cool-down activities.</p> <p>PE.912.M.1.15: Select and apply sport/activity specific warm-up and cool-down techniques.</p>
Nutrition	<p>PE.912.C.2.18: Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs. Clarifications:</p>

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	Some examples are weight-loss pills, food labels and exercise equipment.
Personal Health	<p>HE.912.C.2.9: Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. Clarifications: Social conformity, self-discipline, and impulse vs. delayed gratification.</p>
	<p>PE.912.C.2.10: Analyze long-term benefits of regularly participating in physical activity.</p>
	<p>PE.912.C.2.11: Explain how each of the health-related components of fitness are improved through the application of training principles. Clarifications: The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.</p>
	<p>PE.912.C.2.14: Compare and contrast the skill-related components of fitness used in various physical activities. Clarifications: The skill-related components of fitness are speed, coordination, balance, power, agility and reaction time.</p>
	<p>PE.912.C.2.17: Assess physiological effects of exercise during and after physical activity. Clarifications: Some examples are breathing, resting heart rate and blood pressure.</p>
	<p>PE.912.C.2.22: Explain the skill-related components of fitness and how they enhance performance levels. Clarifications: The skill-related components of fitness are speed, coordination, balance, power, agility and reaction time.</p>
	<p>PE.912.C.2.27: Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities. Clarifications: Some examples are volleyball and tennis serve, surfing and skate boarding.</p>
	<p>PE.912.L.3.2: Participate in a variety of activities that promote the health-related components of fitness. Clarifications: The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.</p>

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	<p>PE.912.L.3.4: Identify the in-school opportunities for participation in a variety of physical activities.</p> <p>PE.912.L.4.5: Apply the principles of training to personal fitness goals. Clarifications: Some examples of training principles are overload, specificity and progression.</p> <p>PE.912.L.4.6: Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.</p> <p>PE.912.M.1.16: Apply the principles of training and conditioning to accommodate individual needs and strengths. Clarifications: Some examples of training principles are overload, specificity and progression.</p> <p>PE.912.M.1.19: Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.</p> <p>PE.912.R.6.1: Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.</p>
Quarter 2: October 12, 2023- December 22, 2023	
Topics	Benchmark/ Standards
Injury Prevention and Safety	<p>HE.912.C.1.4: Propose strategies to reduce or prevent injuries and health problems. Clarifications: Mandatory passenger-restraint/helmet laws, refusal skills, mandatory immunizations, healthy relationship skills, and improved inspection of food sources.</p> <p>PE.912.C.2.15: Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.</p> <p>PE.912.C.2.9: Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions. Clarifications: Some examples of precautions are hydration and appropriate attire.</p>

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	<p>PE.912.M.1.35: Select proper equipment and apply all appropriate safety procedures necessary for participation.</p>
Personal Health	<p>PE.912.L.3.6: Identify risks and safety factors that may affect physical activity throughout life.</p>
	<p>PE.912.M.1.13: Perform a student-designed cardiorespiratory enhancing workout.</p>
Prevention and Control of Disease	<p>HE.912.C.1.7: Analyze how heredity and family history can impact personal health. Clarifications: Drug use, family obesity, heart disease, mental health, and non-communicable illness or disease.</p>
Substance Use and Abuse	<p>HE.912.P.8.1: Demonstrate how to influence and support others in making positive health choices. Clarifications: Avoidance of underage drinking, prevention of driving under the influence, suicide prevention, promotion of healthy dating/personal relationships, responsible parenting, disease prevention, and promotion of first-aid training.</p>
Quarter 3: January 6, 2024- March 14, 2024	
Topics	Benchmark/ Standards
Family Life	<p>HE.912.C.1.2: Interpret the significance of interrelationships in mental/emotional, physical, and social health. Clarifications: Substance abuse, eating disorders, sexual behaviors, healthy/unhealthy relationships, self-esteem, stress/anger management, and regular exercise.</p>
	<p>HE.912.C.2.7: Analyze how culture supports and challenges health beliefs, practices, and behaviors. Clarifications: Various cultures' dietary patterns, rites of passage, courtship practices, family roles, personal relationships, ethics, and parenting.</p>
Internet Safety	<p>HE.912.C.2.6: Evaluate the impact of technology on personal, family, and community health. Clarifications: Automated external defibrillator in the community, pedestrian crosswalks with audible directions, type of information requested from local 211/hotlines or websites, consumer websites, Internet safety, and disease prevention and control.</p>

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	<p>PE.912.C.2.23: Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.</p>
Mental and Emotional Health	<p>PE.912.L.3.3: Identify a variety of activities that promote effective stress management.</p>
Personal Health	<p>PE.912.C.2.6: Compare and contrast the health-related benefits of various physical activities.</p>
	<p>PE.912.L.3.1: Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.</p>
	<p>PE.912.L.4.3: Identify strategies for setting goals when developing a personal fitness program.</p>
	<p>PE.912.M.1.12: Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance. Clarifications: An example is performing plyometrics.</p>
	<p>PE.912.M.1.14: Utilize technology to assess, enhance and maintain health and skill-related fitness levels. Clarifications: Some examples of technology are Excel spreadsheets or web based programs to chart or log activities, heart rate monitors, videotapes or digital cameras.</p>
	<p>PE.912.M.1.33: Practice complex motor activities in order to improve performance.</p>
	<p>PE.912.M.1.34: Demonstrate use of the mechanical principles as they apply to specific course activities. Clarifications: Some examples are balance, force and leverage.</p>
	<p>PE.912.R.6.2: Analyze physical activities from which benefits can be derived. Clarifications: Some examples of potential benefits are physical, mental, emotional and social.</p>
Teen Dating Violence	<p>HE.912.C.1.8: Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors. Clarifications:</p>

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	<p>Risks associated with alcohol abuse, including poison, date rape, and death; cancer and chronic lung disease related to tobacco use; overdose from drug use; child abuse or neglect; and dating violence.</p> <p>HE.912.C.2.2: Compare how peers influence healthy and unhealthy behaviors. Clarifications: Binge drinking and social groups, sexual coercion [pressure, force, or manipulation] by a dating partner, students' recommendations for school vending machines, healthy lifestyle, review trends in current and emerging diseases, and use of helmets and seatbelts.</p>
Quarter 4: March 18, 2024- May 23, 2024	
Topics	Benchmark/ Standards
Family Life	<p>HE.912.C.2.1: Analyze how the family influences the health of individuals. Clarifications: Nutritional management of meals, composition of and relationships within families, and health-insurance status.</p>
Injury Prevention and Safety	<p>PE.912.C.2.8: Differentiate between the three different types of heat illnesses associated with fluid loss. Clarifications: The three types of heat illnesses are heat cramps, heat exhaustion and heat stroke.</p>
Nutrition	<p>HE.912.P.7.1: Analyze the role of individual responsibility in enhancing health. Clarifications: Food choices, media messages, future impact of lifestyle choices, individual responsibility for health protection, and stress management.</p>
	<p>PE.912.C.2.13: Document food intake, calories consumed and energy expended through physical activity and analyze the results.</p>
Personal Health	<p>PE.912.L.4.1: Design a personal fitness program. Clarifications: Some examples of things to consider when designing a personal fitness program are timelines and current fitness level.</p>
	<p>PE.912.L.4.2: Identify ways to self-assess and modify a personal fitness program.</p>

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	<p>PE.912.L.4.4: Use available technology to assess, design and evaluate a personal fitness program.</p>
	<p>PE.912.L.4.7: Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.</p>
Prevention and Control of Disease	<p>HE.912.C.1.5: Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases. Clarifications: Health prevention, detection, and treatment of: breast and testicular cancer, suicide, obesity, and industrial-related chronic disease.</p>
	<p>HE.912.P.7.2: Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks. Clarifications: Lifestyle choices: drug use/abuse, healthy diet, controlling modes of transmission of infectious agents, riding with impaired drivers, seeking mental-health services when needed, sexual behavior, and engaging in healthy relationships.</p>
Family Life	<p>HE.912.C.1.2: Interpret the significance of interrelationships in mental/emotional, physical, and social health. Clarifications: Substance abuse, eating disorders, sexual behaviors, healthy/unhealthy relationships, self-esteem, stress/anger management, and regular exercise.</p>