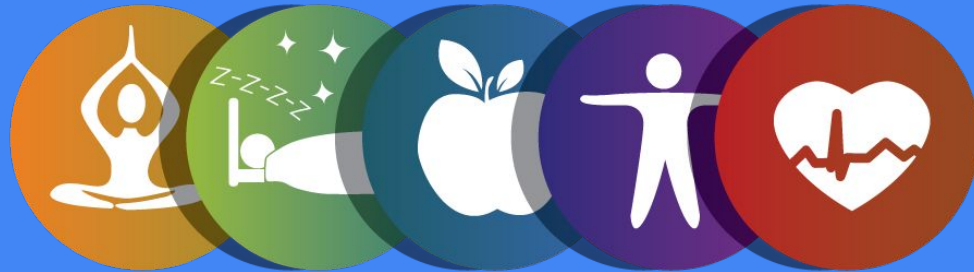
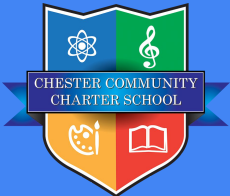


Supporting Scholars at Home: Health and Physical Education

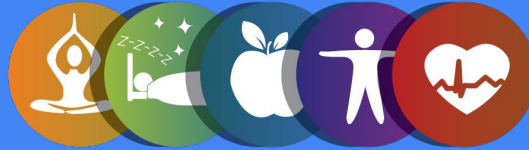
Chester Community Charter School

Aileen Burr, Executive Director of Teaching and Learning

CCCS Health and Physical Education Teachers



Phys. Ed. - Big Ideas and the Standards



Grade Level Outcomes for PE



Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

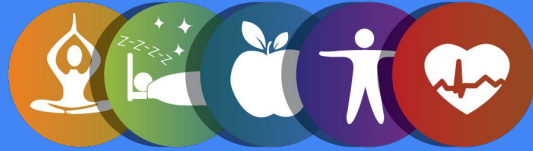
Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

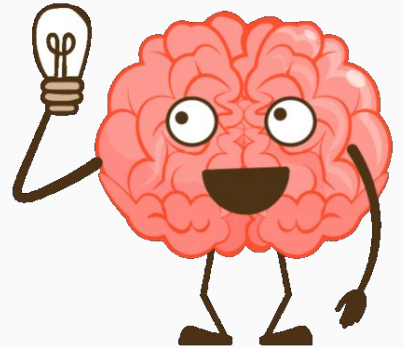


Health - Big Ideas and the Standards

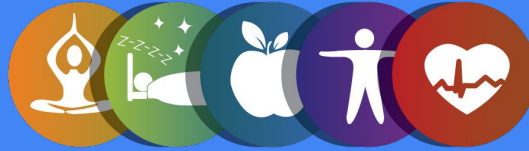


The National Health Education Standards (NHES) detail what students need to know and be able to do in order to achieve health literacy. indicators for 7 essential health skills:

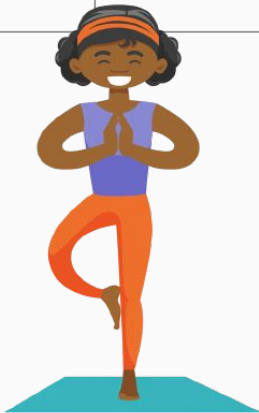
- Analyzing Influences
- Accessing Information
- Interpersonal Communication
- Decision Making
- Goal Setting
- Practicing Health-Enhancing Behaviors
- Advocacy



K-5 Physical Education Units of Study



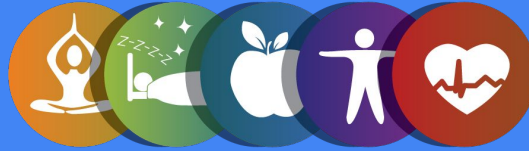
Sept	Oct	Nov	Dec	Jan
Intro to Play	Locomotor Skills	Balance	Fitness Stations	Dribbling and Ball Control



Feb	March	April	May
Kicking	Volley/ Striking	Throwing and Catching	



Grades 6-8 Physical Education Units of Study

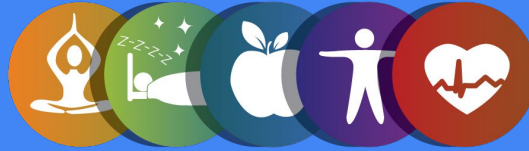


Grade 6	Grade 7	Grade 8
Physical Fitness and Movement	Net Games (skill-based)	Net Games (strategy and game play)
Games, Sports Invasion, and Field Games (skill-based)	Games, Sports Invasion, and Field Games (skill-based)	Games, Sports Invasion, and Field Games (skill-based)
Team Sports	Movement Concepts	Full Body Fitness
	Outdoor Pursuits	Outdoor Pursuits



Middle School: HealthSmart Parent Letters

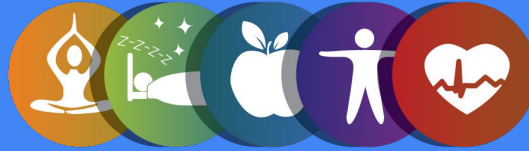
Read below to find out how to support discussing these topics with your child at home.



	Grade
<u>Mental and Emotional Health</u>	7, 8
<u>Sexual Health and STIs</u>	7
<u>Violence and Injury Prevention</u>	6
<u>Alcohol, Tobacco, and Other Drugs</u>	6, 8
<u>Nutrition and Physical Activity</u>	7
<u>Puberty and Personal Health</u>	6, 7



Resources for supporting students at home



Physical Fitness	Health and Wellness
<u>Cosmic Kids Yoga</u>	<u>Food Labels</u>
<u>Just Dance</u>	<u>MyPlate</u>
<u>Go Noodle</u>	<u>Boys and Girls Clubs</u>
<u>PE Activity Runs</u>	<u>YMCA</u>
<u>Active Home Resource List for Parents</u>	<u>Mindful Activities for Families</u>

