

<u>Time Frame</u>	<u>Standards Addressed</u>	<u>Activities</u>
Week 1	Standard 4	Intro to PE/Gym Areas/Emergency Procedures
Week 2	Standards 1,5	Intro to Health Related Concepts/Goal Setting/Communicable vs Non-Communicable Diseases
Week 3	Standards 2,3	Introduction to Weekly Fitness Day
Week 4	Standards 1,3	Aerobic Fitness
Week 5	Standards 1,4,6	Self Image and Self-Esteem/Physical Activity vs Exercise
Week 6	Standards 1,2,4	Kicking/Catching/Throwing
Week 7	Standards 1,3	Body Weight Strength Training
Week 8	Standards 3,7	Food and Nutrition
Week 9	Standards 1,2,4	Catching/Throwing/Spacial Awareness
Week 10	Standards 1,3	Circuit Training
Week 11	Standards 1,5,6,7,8	Alcohol/Tobacco/Drugs
Week 12	Standards 1,2,4	Dribbling/Passing/Shooting
Week 13	Standards 1,3	Flexibility Training
Week 14	Standards 1,2,3,4,5,6,7,8	Personal Safety/Community Safety
Week 15	Standards 1,2,3,4,5	Skills Assessment

Week 16	Standards 1,3	Personal Fitness
Week 17	Standards 1,4,5,6,7	Reproductive Anatomy and the Menstrual Cycle/Puberty/Pregnancy and Birth/Sexual Abstinence/STD's
Week 18	Standards 1,2,3,4,5	Fitness Testing

Kentucky Academic Standards for Physical Education: Grades 6-12 Overview

Standard 1	Standard 2	Standard 3	Standard 4	Standard 5
<ul style="list-style-type: none"> ● Demonstrate simple, refined, and advanced movement concepts and combined motor skills in a variety of games and activities, using different pathways and directions while moving around others and/or equipment. ● Demonstrate the mastery of skills and tactics needed to participate in lifetime physical activities. 	<ul style="list-style-type: none"> ● Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities and game-like situations. ● Demonstrate how motor skills and techniques are refined, combined and varied in specialized skilled performance. ● Use movement concepts and principles to analyze and improve performance of self and/or others. 	<ul style="list-style-type: none"> ● Explain the physical, social and mental/emotional benefits of being physically active, and analyze various physical activities that help with stress reduction. ● Evaluate the physical, social and mental/emotional benefits of being physically active, and self-monitor physical activity and nutritional choices. ● Analyze and explain how each component of fitness impacts lifetime physical wellness. 	<ul style="list-style-type: none"> ● Demonstrate knowledge of rules, cooperation skills and safety principles in a variety of physical activities. ● Accept differences among classmates. ● Provide encouragement and positive feedback. ● Demonstrate respect for others' diversity, and apply conflict resolution, rules of behavior and fair play in a variety of physical activities. 	<ul style="list-style-type: none"> ● Evaluate the benefits gained from regular participation in physical activity. ● Evaluate the personal benefits derived from regular participation in physical activity as it relates to the quality of life.

Kentucky Academic Standards for Health Education: Grades 6-12 Overview

Standard 1	Standard 2	Standard 3	Standard 4	Standard 5	Standard 6	Standard 7	Standard 8
<ul style="list-style-type: none"> • Explain the benefits of healthy practices, importance of a positive body image and the impact that unhealthy behaviors have on one's physical, mental and emotional health. • Explain and describe the relationship between healthy and unhealthy behaviors that lead to healthy and unhealthy consequences. 	<ul style="list-style-type: none"> • Explain how personal values and beliefs and the sharing of personal information electronically can impact the mental and emotional health, social health and the safety of self and others. • Examine how community rules, policies, laws and prevention strategies that reduce health risk behaviors can influence personal health and behaviors. 	<ul style="list-style-type: none"> • Describe and evaluate valid and reliable health-related products and services and analyze factors that influence opportunities to obtain reliable resources. 	<ul style="list-style-type: none"> • Apply and demonstrate effective communication skills to enhance health and promote healthy behaviors/relationships. 	<ul style="list-style-type: none"> • Demonstrate the use of and apply a decision-making process to enhance or establish healthy behaviors or relationships. • Formulate healthy alternatives to risky behaviors by using decision-making skills. 	<ul style="list-style-type: none"> • Assess personal health practices set a goal to maintain or improve personal health and/or wellness-related behaviors. • Analyze, revise and implement health behaviors to reduce barriers in order to achieve personal goals. 	<ul style="list-style-type: none"> • Explain and defend the importance of demonstrating healthy practices and behaviors to improve the health and wellness of self and others. 	<ul style="list-style-type: none"> • Describe and demonstrate how to influence and support others to make positive behavior choices to improve personal health and wellness. • Encourage schools and communities to promote healthy behaviors that reduce the risk of disease and violence and promote positive emotional health messages.

• Analyze and apply content related to health promotion and disease prevention to promote health-enhancing behaviors throughout life.

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