

## 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.

<b>Quarter 1: August 10, 2023- October 11, 2023</b>	
Topic	Benchmark/ Standards
Community Health	<p><a href="#"><u>HE.912.C.2.3:</u></a> 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><a href="#"><u>HE.912.C.2.4:</u></a> 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><a href="#"><u>HE.912.P.8.3:</u></a> 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><a href="#"><u>PE.912.C.2.12:</u></a> Compare and contrast aerobic versus anaerobic activities.</p>
	<p><a href="#"><u>PE.912.L.3.5:</u></a> Identify the community opportunities for participation in a variety of physical activities.</p>
	<p><a href="#"><u>PE.912.R.5.2:</u></a> Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.</p>
	<p><a href="#"><u>PE.912.R.5.3:</u></a> 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><a href="#">PE.912.R.5.4:</a> 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><a href="#">PE.912.R.5.5:</a> Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.</p> <p><a href="#">PE.912.R.6.3:</a> Analyze the roles of games, sports and/or physical activities in other cultures.</p>
Consumer Health	<p><a href="#">HE.912.C.2.5:</a> 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><a href="#">HE.912.C.2.8:</a> 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><a href="#">PE.912.C.2.16:</a> 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><a href="#">PE.912.C.2.25:</a> Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.</p> <p><a href="#">PE.912.C.2.7:</a> Evaluate the effectiveness of specific warm-up and cool-down activities.</p> <p><a href="#">PE.912.M.1.15:</a> Select and apply sport/activity specific warm-up and cool-down techniques.</p>
Nutrition	<p><a href="#">PE.912.C.2.18:</a> 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><a href="#">HE.912.C.2.9:</a> 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><a href="#">PE.912.C.2.10:</a> Analyze long-term benefits of regularly participating in physical activity.</p>
	<p><a href="#">PE.912.C.2.11:</a> 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><a href="#">PE.912.C.2.14:</a> 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><a href="#">PE.912.C.2.17:</a> Assess physiological effects of exercise during and after physical activity. Clarifications: Some examples are breathing, resting heart rate and blood pressure.</p>
	<p><a href="#">PE.912.C.2.22:</a> 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><a href="#">PE.912.C.2.27:</a> 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><a href="#">PE.912.L.3.2:</a> 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><a href="#">PE.912.L.3.4:</a> Identify the in-school opportunities for participation in a variety of physical activities.</p> <p><a href="#">PE.912.L.4.5:</a> Apply the principles of training to personal fitness goals. Clarifications: Some examples of training principles are overload, specificity and progression.</p> <p><a href="#">PE.912.L.4.6:</a> Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.</p> <p><a href="#">PE.912.M.1.16:</a> 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><a href="#">PE.912.M.1.19:</a> Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.</p> <p><a href="#">PE.912.R.6.1:</a> 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>
<b>Quarter 2: October 12, 2023- December 22, 2023</b>	
Topics	Benchmark/ Standards
Injury Prevention and Safety	<p><a href="#">HE.912.C.1.4:</a> 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><a href="#">PE.912.C.2.15:</a> Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.</p> <p><a href="#">PE.912.C.2.9:</a> 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><a href="#">PE.912.M.1.35:</a> Select proper equipment and apply all appropriate safety procedures necessary for participation.</p>
Personal Health	<p><a href="#">PE.912.L.3.6:</a> Identify risks and safety factors that may affect physical activity throughout life.</p>
	<p><a href="#">PE.912.M.1.13:</a> Perform a student-designed cardiorespiratory enhancing workout.</p>
Prevention and Control of Disease	<p><a href="#">HE.912.C.1.7:</a> 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><a href="#">HE.912.P.8.1:</a> 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>
<b>Quarter 3: January 6, 2024- March 14, 2024</b>	
<b>Topics</b>	<b>Benchmark/ Standards</b>
Family Life	<p><a href="#">HE.912.C.1.2:</a> 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><a href="#">HE.912.C.2.7:</a> 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><a href="#">HE.912.C.2.6:</a> 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><a href="#">PE.912.C.2.23:</a> Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.</p>
Mental and Emotional Health	<p><a href="#">PE.912.L.3.3:</a> Identify a variety of activities that promote effective stress management.</p>
Personal Health	<p><a href="#">PE.912.C.2.6:</a> Compare and contrast the health-related benefits of various physical activities.</p>
	<p><a href="#">PE.912.L.3.1:</a> 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><a href="#">PE.912.L.4.3:</a> Identify strategies for setting goals when developing a personal fitness program.</p>
	<p><a href="#">PE.912.M.1.12:</a> 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><a href="#">PE.912.M.1.14:</a> 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><a href="#">PE.912.M.1.33:</a> Practice complex motor activities in order to improve performance.</p>
	<p><a href="#">PE.912.M.1.34:</a> Demonstrate use of the mechanical principles as they apply to specific course activities. Clarifications: Some examples are balance, force and leverage.</p>
	<p><a href="#">PE.912.R.6.2:</a> 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><a href="#">HE.912.C.1.8:</a> 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><a href="#">HE.912.C.2.2:</a> 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>
<b>Quarter 4: March 18, 2024- May 23, 2024</b>	
Topics	Benchmark/ Standards
Family Life	<p><a href="#">HE.912.C.2.1:</a> 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><a href="#">PE.912.C.2.8:</a> 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><a href="#">HE.912.P.7.1:</a> 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><a href="#">PE.912.C.2.13:</a> Document food intake, calories consumed and energy expended through physical activity and analyze the results.</p>
Personal Health	<p><a href="#">PE.912.L.4.1:</a> 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><a href="#">PE.912.L.4.2:</a> Identify ways to self-assess and modify a personal fitness program.</p>

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	<p><a href="#">PE.912.L.4.4:</a> Use available technology to assess, design and evaluate a personal fitness program.</p>
	<p><a href="#">PE.912.L.4.7:</a> Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.</p>
Prevention and Control of Disease	<p><a href="#">HE.912.C.1.5:</a> 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><a href="#">HE.912.P.7.2:</a> 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><a href="#">HE.912.C.1.2:</a> 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>