

Physical Education and Health Curriculum

Physical Education

The goal of the physical education curriculum is to foster the development of each student's physical literacy so they may have the knowledge, skills, and confidence to participate in a lifetime of healthful physical pursuits and activities. The curriculum considers the Virginia Standards of Learning for Physical Education as well as the interests of the students, parents, and teachers, and the current happenings of our school and local community. Lessons will follow Virginia Standards of Learning which include skilled movement, movement principles and concepts, personal fitness, responsible behavior, and a physically active lifestyle.

Students will (within their appropriate grade-level requirements and goals):

- demonstrate and apply mature movement forms in a variety of activities and identify the six components of skill-related fitness
- apply both movement principles and concepts and knowledge of anatomical structures to movement-skill performance
- apply skills of measurement, analysis, goal setting, problem solving, and decision making to improve or maintain physical fitness
- demonstrate and apply skills of communication, conflict resolution, and cooperation to achieve individual and group goals that apply to working independently and with others in physical activity settings
- will explain the connection between energy balance and nutrition guidelines, meal planning, and exercise intensity
- apply and demonstrate movement concepts and skills in modified versions of various game/sport, rhythmic, and recreational activities
- apply self-assessment skills and use technology to create and implement a personal fitness plan to improve or maintain personal fitness

Health

The purpose of health education is to help students acquire an understanding of health concepts and the skills needed to apply them in making healthy decisions to improve, sustain, and promote personal, family, and community health. The curriculum considers the Virginia Standards of Learning for Health as well as the interests of the students, parents, and teachers, and the current happenings of our school and local community. Health will be instructed on inclement weather days throughout the school year within appropriate grade-level requirements and goals. Focused health topics include but are not limited to:

- Body systems
- Nutrition

- Physical health
- Community and environmental health
- Safety/Injury prevention
- Mental wellness
- Social and emotional skills
- Disease prevention/health promotion