

# Physical Activity

## Key Concepts

### Grades Pre K – 2

#### A. Health Concepts

\_\_\_\_\_ Physical activity benefits the physical, emotional, mental and social components of health.

*LINK: A.1. Recognize that there are multiple components of health.*

\_\_\_\_\_ A balanced routine of rest, work, and play contributes to physical fitness.

*LINK: A.3. Demonstrate an understanding of basic health terms.*

#### C. Health Promotion and Risk Reduction

\_\_\_\_\_ Safety rules in physical activity promote safe play.

*LINK: C.4. Demonstrate a variety of safety skills for different situations.*

#### D. Influences On Health

\_\_\_\_\_ There are many ways to be physically active in school and at home.

*LINK: D.2. Explain how information from school and family influences health.*

#### F. Decision Making and Goal Setting

\_\_\_\_\_ Family members and teachers guide students in making choices and setting goals to be physically active.

*LINK: F.2. Set a short-term personal health goal.*

## Grades 3 – 4

### A. Health Concepts

\_\_\_\_\_ Regular participation in a variety of physical activities contributes to positive self-esteem, good health and well-being.

*LINK: A.1. Describe the relationship between healthy practices and personal health.*

*LINK: A.7. Demonstrate essential understanding of basic health concepts.*

\_\_\_\_\_ Physical activity opportunities are provided in school and by the community.

*LINK: A.5. Describe ways in which a healthful school and community environment influences personal health.*

### B. Health Information, Services, and Products

\_\_\_\_\_ Community agencies and local recreation programs exist that promote physical activity.

*LINK: B.3. Identify community agencies that advocate healthy individuals, families, and communities.*

### C. Health Promotion and Risk Reduction

\_\_\_\_\_ There is a difference between safe and risky behaviors when participating in physical activity.

*LINK: C.1. Compare behaviors that are safe to those that are risky or harmful.*

\_\_\_\_\_ Safety strategies can prevent injury during physical activity.

*LINK: C.2. Develop injury prevention and safety strategies for personal health.*

\_\_\_\_\_ Regular physical activity maintains and improves body system functioning.

*LINK: C.3. Demonstrate basic care of human body systems.*

\_\_\_\_\_ Physical activity reduces anxiety and stress.

*LINK: C.4. Demonstrate healthful and safe ways to deal with or avoid threatening and stressful situations.*

## **Grades 3 – 4**

### D. Influences On Health

- \_\_\_\_\_ The marketing of sport and physical activity products influences health decisions.  
*LINK: D.2. Explain how media influences health decisions.*

### E. Communication Skills

- \_\_\_\_\_ Conflicts during physical activity can be resolved in safe and appropriate ways.  
*LINK: E.3. Demonstrate non-violent strategies to resolve conflicts.*

## Grades 5 – 8

### A. Health Concepts

\_\_\_\_\_ A safe, physically active lifestyle is important for the prevention of many diseases and injuries.

*LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.*

\_\_\_\_\_ Physical activity positively contributes to all components of health.

*LINK: A.2. Describe the relationship among physical, mental, emotional, and social health.*

\_\_\_\_\_ Taking unnecessary risks during physical activity increases the probability of injury..

*LINK: A.3. Analyze the effects that risky behaviors have on personal health.*

\_\_\_\_\_ A sedentary lifestyle increases the risk of childhood and adult diseases.

*LINK: A.3. Analyze the effects that risky behaviors have on personal health.*

\_\_\_\_\_ Physical activity directly affects how the body systems work together.

*LINK: A.4. Evaluate how health is influenced by the interaction of body systems.*

### B. Health Information, Services and Products

\_\_\_\_\_ The health benefits of fitness equipment and programs requires careful investigation.

*LINK: B.1. Analyze the validity of health information, products, and services and describe situations requiring their use.*

### C. Health Education and Risk Reduction

\_\_\_\_\_ A physically active lifestyle is the responsibility of the individual.

*LINK: C.1. Explain the importance of assuming responsibility for personal health.*

\_\_\_\_\_ A valid and reliable physical fitness assessment determines health strengths and risks.

*LINK: C.2. Analyze a personal health assessment to determine health strengths and risks.*

\_\_\_\_\_ Engaging in regular moderate to vigorous physical activity helps to maintain or improve personal health.

*LINK: C.3. Develop strategies to improve or maintain personal and family health.*

## Grades 5 – 8

### D. Influences On Health

- \_\_\_\_\_ Physical activity choices are influenced by media and marketing.  
*LINK: D.2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services.*
- \_\_\_\_\_ Technology has enhanced the understanding and enjoyment of physical activity.  
*LINK: D.3. Analyze the effect of technology on personal and family health.*
- \_\_\_\_\_ The overuse of technology can contribute to reduced physical activity.  
*LINK: D.3. Analyze the effect of technology on personal and family health.*
- \_\_\_\_\_ Physically active role models (friends, family and adults) can impact the physical activity level of adolescents.  
*LINK: D.4. Describe how school, family, and peers influence the health of adolescents.*
- \_\_\_\_\_ The physical activity opportunities provided by the school and community can positively impact adolescent health.  
*LINK: D.4. Describe how school, family, and peers influence the health of adolescents.*

### E. Communication Skills

- \_\_\_\_\_ It is important to use a variety of effective communication methods to promote an increase in physical activity with adolescents.  
*LINK: E.4. Analyze various communication methods which can be used to give information, ideas, and opinions about health issues.*

### F. Decision-Making and Goal Setting

- \_\_\_\_\_ Deciding to be sedentary can have short-term (e.g. lack of energy, sleeplessness, depression, irritability) and long-term health consequences (e.g. heart disease, osteoporosis, health care cost).  
*LINK: F.3. Explain how decisions regarding health behaviors have consequences for them and others.*
- \_\_\_\_\_ Setting physical activity goals is an important component in the development of a personal health plan.  
*LINK: F.5. Develop a plan to attain personal health goals by employing personal strengths and addressing needs and health risks.*

## Secondary

### A. Health Concepts

\_\_\_\_\_ Physical activity helps maintain and control healthy body weight and builds healthy bones and muscles.

*LINK: A.1. Analyze the relationship between personal health practices and individual well-being.*

\_\_\_\_\_ Physical activity reduces anxiety and stress and increases self-esteem.

*LINK: A.1. Analyze the relationship between personal health practices and individual well-being.*

*LINK: A.10. Describe how stress management relates to disease prevention.*

\_\_\_\_\_ Physical inactivity and extreme physical activity have negative short and long-term effects on the body.

*LINK: A.3. Evaluate the short- and long-term effects of risky behavior.*

\_\_\_\_\_ Physical activity is beneficial and has an immediate and long-term impact on all body systems (e.g., respiratory, circulatory, skeletal, muscular, digestive)

*LINK: A.4. Analyze the impact of personal health behaviors on body systems.*

\_\_\_\_\_ A physically active lifestyle can reduce risk factors of some chronic diseases and other health problems.

*LINK: A.9. Describe how disease-causing microorganisms, family history, nutrition, and other factors relate to the cause or prevention of disease and other health problems.*

### B. Health Promotion and Risk Reduction

\_\_\_\_\_ Products and services that promote the benefits of physical activity may or may not impact over-all health.

*LINK: B.1. Provide evidence to support the validity of health information, products, and services.*

*LINK: B.2. Evaluate factors that influence personal selection of health products and services.*

\_\_\_\_\_ Inactivity can lead to obesity and chronic diseases that may require professional health care services.

*LINK: B.4. Analyze various health problems and identify those that require professional health care services.*

## Secondary

### D. Influences on Health

- \_\_\_\_\_ Trends and marketing influence the choice of physical activity.  
*LINK: D.2. Evaluate the effect of media and other factors on personal, family, and community health.*
  
- \_\_\_\_\_ Physical activity can be enhanced through the use of technology (pedometers, heart rate monitors, websites, etc.).  
*LINK: D.3. Evaluate the impact of technology on personal, family, and community health.*
  
- \_\_\_\_\_ The use of technology can enhance or hinder physical activity (television, personal computers, video games, etc.)  
*LINK: D.3. Evaluate the impact of technology on personal, family, and community health ,games, etc.).*
  
- \_\_\_\_\_ Adolescent health is impacted by physically active and physically inactive role models (friends, family, and adults).  
*LINK: D.4. Analyze how the family, peers, and community influence the health of individuals.*

### E. Communication Skills

- \_\_\_\_\_ Students can advocate for physical activity opportunities.  
*LINK: E.6. Demonstrate the ability to work cooperatively as an advocate for healthy individuals, families, schools, and communities.*

### F. Decision-Making and Goal Setting

- \_\_\_\_\_ Physical inactivity may increase the risk of dying prematurely (heart disease, diabetes, cancer and high blood pressure).  
*LINK: F.3. Predict the immediate and long-term impact of health decisions on the individual, family, and community.*
  
- \_\_\_\_\_ Physical activity is an easily measured and an important component of a personal health plan.  
*LINK: F4. Implement a plan and evaluate progress in attaining personal health goals.*  
*LINK: F5. Formulate an effective long-range personal health plan.*