

## FHS PE and Health Standards: Map

### PE Standards:

- 1: Demonstrate competency in motor skills and movement patterns in a variety of physical activities.
2. Demonstrate understanding of movement concepts, principles, strategies and tactics while participating in activities.
3. Participates regularly in physical activities. (play 60)
4. Achieves and maintains a health-enhancing level of fitness.
5. Exhibits responsible personal and social behaviors that show respect for self and others.
6. Values physical activity for health, enjoyment, challenge, self-expression and social interaction.

High school physical education course curriculum hits on all of the 6 standards with our weekly units from September thru May.

Health Standards: mandatory curriculum by Ohio Legislation--18 week course

September- First aid and CPR, Wellness, Stress and coping strategies

October- Healthy relationships, Dating violence, Infectious Diseases. STI's

November- Alcohol, Nutrition, Digestion

December- Tobacco, Drugs, Opioid use- prevention- Heroin

January- Heroin use- abuse

\*\* LCADA comes in once a week and goes thru their Life Skills program