

## Health Performance Descriptors

22A Students who meet the standard can explain the basic principles of health promotion, illness prevention, and safety.

Grade	Performance Descriptor	Instruction	Assessment of Learning	Incorporated in a P.E. unit (list unit)
K-3	Heath Related fitness / Lifelong fitness	Pacer- Cardio Push Ups - Muscular Strength Curl Ups - Muscular Endurance Sit & Reach / Shoulder – Flexibility	Observation Check list Hand outs	Fitness Gram Testing
4-6	Heath Related fitness / Lifelong fitness	Pacer- Cardio Push Ups - Muscular Strength Curl Ups - Muscular Endurance Sit & Reach / Shoulder – Flexibility	Student task Sheet Observation Check list Hand outs	Fitness Gram Testing
k-3	Stage A,B & C	Classroom / School Rules	School hand book	Beginning of the yr. introduction
4-6	Stage D,C,E & F	Classroom / School Rules	School hand book	Beginning of the yr. introduction

## Health Performance Descriptors

22B Students who meet the standard can describe and explain the factors that influence health among individuals, groups, and communities.

Grade	Performance Descriptor	Instruction	Assessment of Learning	Incorporated in a P.E. unit (list unit)
K-3	Stage A 1-6	Basic Rules and Instruction	Observation	All units
K-3	Stage B 1-7	Social worker and nurse dependant on need	Observation	All units
k-3	Stage C 1-7	The three R's	Observation / Tickets	All units
K-3	Stage D 1-9	Classroom / School Rules / Hand book	Observation	All units
4-6	Stage E & F	School pledge	Daily Classroom activity	n/a

## Health Performance Descriptors

23B Students who meet the standard can explain the effects of health related actions on the body systems.

Grade	Performance Descriptor	Instruction	Assessment of Learning	Incorporated in a P.E. unit (list unit)
k-3	Stage A 1-9	Health World – Digestive system	Group activity	Classroom Discussion
K-3	Stage B 1-10	Health World – Life choice	Discussion	Classroom Discussion
k-3	Stage C 1-9	Red ribbon week	Spirit week	Classroom Discussion
k-3	Stage D 1-10	Red ribbon week	Discussion	Game unit
4-6	Stage E 1-9	Robert Crown	Classroom Discussion	Classroom Discussion
4-6	Stage F 1-4	Health World	Classroom Discussion	Classroom Discussion

## Health Performance Descriptors

23C Students who meet the standard can describe factors that affect growth and development.

Grade	Performance Descriptor	Instruction	Assessment of Learning	Incorporated in a P.E. unit (list unit)
K-3	Stage A 1-7	NFL Play 60 program	Worksheets	HRF unit
K-3	Stage B 1-11	Cooperative learning lesson	Observation of group interactions	Games unit
k-3	Stage C 1-13	PBS review	Ticket	Distribution
k-3	Stage D 1-12	Discussion of life style choices and genetics	Class discussion	Fitness Testing
4-6	Stage E 1-13	Officer friendly	Presentation	Classroom discussion
4-6	Stage F 1-9	P.E. rules, Robert Crown, fitness gram, NFL Play 60	Observation worksheet discussion	Each Trimester

## Health Performance Descriptors

24B Students who meet the standard can apply decision-making skills related to the promotion and protection of individual health.

Grade	Performance Descriptor	Instruction	Assessment of Learning	Incorporated in a P.E. unit (list unit)
K-3	Stage A 1-7	Classroom posters	Dirt kids	Rules
k-3	Stage B & C 1-6	Classroom Posters, classroom learning	Demonstration	Incorporation in beginning of the year activities
4-6	Stage D, E & F	Classroom Posters, Student lead instruction	Observation	Play 60 worksheet, Fitness Gram analysis