

PHYSICAL EDUCATION

KINDERGARTEN

- Listen to and follow directions
- Participate in games consisting of 2 or 3 concepts or rules
- Develop gross motor skills; jumping, hopping, and galloping
- Use physical education equipment responsibly
- Develop a cooperative attitude when working with others

GRADE 1

- Listen to and follows directions
- Develop gross motor skills; skipping, hopping, and balance
- Learn the importance of spatial awareness
- Demonstrate respect for self and others through cooperation with classmates of all skill levels
- Exhibit concepts of game rules and safe play

GRADE 2

- Listen to and follows directions
- Use movement skills specific to game play (for example, traveling in different patterns while moving from offense to defense)
- Exhibit the concepts of game rules and safe play (for example, soccer and fitness tag)
- Show respect for self and others through cooperation with classmates of all skill levels
- Increase muscular strength and physical endurance

GRADE 3

- Listen to and follow directions
- Use movement skills, patterns, and complex strategies of play (for example, performing a lay-up and throwing, using opposite hand and foot)
- Improve fine motor skills
- Use teamwork to accomplish a goal or task
- Demonstrate respect of self and others through cooperation with classmates of all skill levels

GRADE 4

- Listen to and follows directions
- Understand the concepts of muscular strength, endurance, flexibility, and their contribution to a healthy lifestyle
- Perform physical activities such as running, throwing, striking, and catching
- Demonstrate teamwork, fair play, and good sportsmanship
- Develop new skills to play complex games and activities (for example, hockey, the high hurdles, and climbing)

GRADE 5

- Listen to and follows directions
- Develop new skills and strategies for participation in complex games and activities (for example, basketball, volleyball, and football)
- Demonstrate sportsmanship, fair play, and teamwork
- Improve levels of endurance, flexibility, and strength
- Describe how optimal physical conditioning is critical for a healthy lifestyle

GRADE 6

- Listen to and follow directions.
- Demonstrate developmentally-appropriate motor skills through active participation
- Explain the benefits of physical activity
- Exhibit the concepts of teamwork and sportsmanship

GRADE 7

- Demonstrate respect for self and others
- Contribute to positive class experience
- Improve fitness levels, for example, cardiovascular fitness, muscular fitness, and flexibility
- Follow rules and safety guidelines
- Demonstrate competence in various forms of physical activity
- Come prepared for class with appropriate clothing and health and safety equipment

GRADE 8

- Demonstrate respect for self and others
- Contribute to positive class experience
- Improve fitness levels, for example, cardiovascular fitness, muscular fitness, and flexibility
- Follow rules and safety guidelines
- Demonstrate competence in various forms of physical activity
- Come prepared for class with appropriate clothing and health and safety equipment

GRADE 9 - 12

- Demonstrate respect for differences among people in physical activity settings
- Demonstrate competence in various forms of physical activity
- Increase levels of fitness through various activities leading toward lifelong wellness

HEALTH

KINDERGARTEN

- Develop self-respect
- Learn to be a good friend
- Recognize and respond to the feelings of self and others

GRADE 1

- Understand where food comes from and that it helps children grow
- Learn to identify others' feelings
- Understand that they can make decisions and solve problems
- Demonstrate understanding of personal safety
- Understand that physical fighting does not solve problems

GRADE 2

- Understand that food can be classified into five food groups, and that food gives the body energy
- Recognize that choosing friends is one of the most important decisions that they will make
- Understand that any feelings are okay, but that angry behavior can be harmful
- Learn to use "I" statements in regard to violence prevention and personal safety
- Learn to evaluate solutions for possible consequences

GRADE 3

- Identify foods from the five food groups
- Learn about healthy/unhealthy habits and positive ways of changing unhealthy habits, including the use of alcohol
- Identify resources for advice and help in solving problems
- Learn to give and accept an assertive refusal
- Learn about empathy, anger management, and impulse control

GRADE 4

- Understand the food pyramid
- Differentiate between prescription drug use and drug abuse
- Learn to say “no” to touch that is confusing or uncomfortable
- Recognize anger signs/triggers and use anger-reduction techniques
- Learn and practice a problem-solving strategy
- Learn that “I” messages, active listening, and expressing concern are important communication skills

GRADE 5

- Make decisions by gathering information, predicting consequences, and listing advantages and disadvantages
- Describe ways young children can be intentionally helpful and intentionally hurtful to one another
- Describe how tobacco and prolonged exposure to cigarette smoke affects the body
- Illustrate the external and internal parts of the body and the body system
- Design a nutritious menu using the USDA food guide pyramid and its three major concepts of balance, variety, and moderation
- List universal first aid precautions involving the handling of blood and body fluids
- Demonstrate the Heimlich maneuver for choking victims
- Explain how the body fights germs and diseases naturally, as well as with medicines and immunizations
- Demonstrate the correct way to wear bike helmets and carry backpacks

GRADE 6

- List the stages of development in living organisms (for example, fertilization, growth, reproduction)
- List HIV/AIDS precautions
- Describe emotional and physical changes occurring during puberty as they relate to the reproductive system
- Demonstrate effective communication, negotiation, and conflict resolution skills
- Describe ways young children can be intentionally helpful and intentionally hurtful to one another

GRADE 7

- Apply active listening and assertiveness skills to enhance positive interpersonal communications during class
- Explain the impact that peer pressure and media have on the decision making process
- Explain the social and emotional consequences of harassment and identify strategies to follow as a bystander, victim, and bully
- Identify and explain the use of effective coping skills for managing anxiety, anger, stress, and peer pressure

GRADE 8

- Demonstrate effective communication skills by using “I” statements, active listening, open questions, and common ground
- Demonstrate refusal and decision-making skills to promote positive conflict resolution
- Justify how abstaining from alcohol, tobacco and other drugs is a healthy choice
- Describe how individuals can reduce violence to themselves and others
- Identify situations where individuals can be involved in violence prevention by using anger management techniques
- Identify female and male reproductive anatomy
- Demonstrate positive decision-making skills concerning one’s sexual health
- Describe methods of transmission and prevention of H.I.V.

GRADE 9

- Express respect for self and others
- Demonstrate basic skills needed to treat common household accidents and respiratory and cardiac emergencies
- Identify the harmful effects of alcohol and other drugs on the user and family
- Describe the qualities of healthy relationships and sexually healthy individuals
- Demonstrate effective refusal and decision-making skills
- Explain how to access health information and community support services

GRADES 10 – 12

- Use goal setting to make healthy decisions
- Exhibit respect for self and others
- Explain health enhancing behaviors and health risk reduction
- Explain how to access health information and community support services
- Demonstrate knowledge of nutrition and fitness in maintaining a healthy lifestyle

LIFE SKILLS

GRADE 8

Nutrition and Foods

- Identify and implement the basics of sound nutrition by designing and carrying out a home cooking project including a healthy menu, preparation, and clean up
- Create a Food Guide Pyramid collage
- Create an “ideal” menu for a teen’s day (include # of servings, calorie range, proteins, carbohydrates, fats)
- Demonstrate kitchen safety and sanitation
- Write a report and create a checklist of safe food and equipment handling, hand washing, and trash removal for each lab project
- Perform basic food preparation procedures
- Research the quality of prepared foods and create a related presentation.
- Name and use kitchen tools correctly

Care of Self and Others

- Demonstrate basic hand-sewing skills, for example sew a button on a self-constructed fabric pouch or wallet
- Identify symptoms related to eating disorders and list prevention and possible intervention options
- Demonstrate responsible care of clothing by performing a home laundry project or constructing a home sewing kit

GRADES 9-12

Introduction to Sewing

- Use the sewing machine based upon understanding of the various stitches, techniques, and attachments
- Apply knowledge of textiles to the choice of appropriate fabrics
- Use commercial patterns
- Use sewing techniques appropriate for home decorating

Intermediate Sewing

- Use advanced level sewing techniques, which correlate with ready-to-wear industry standards
- Use advanced construction techniques
- Sew special seams and seam finishes, patch pockets, buttonholes and zipper applications

Advanced Sewing

- Exhibit advanced/couture sewing techniques
- Exhibit expertise in basic tailoring techniques and fusible products
- Demonstrate personal creativity in the area of sewing

Interior Design

- Use the sewing machine to practice home décor techniques
- Use drapery-making techniques
- Apply basic upholstering techniques
- Explain or list a variety of decorating styles
- Apply the elements and principles of design and color theory
- Use architectural symbols and drawing techniques

Child Development

- List reasons for studying child development
- Develop a graphic organizer of the five areas of child development
- Demonstrate an understanding of Maslow and Havighust's theories
- Explain the organs and functions of the human reproductive system
- Explain prenatal development
- Identify and explain birth defects
- Describe the roles and responsibilities of teen parents
- Describe the stages of birth and delivery alternatives
- Explain the medical and home care of a neonate
- Identify physical, cognitive, and social-emotional stages in a child's first year
- List or explain the characteristics of toddlerhood

Parenting

- Identify how societal changes impact families
- Explain sequence of child development in the areas of physical, social, cognitive, emotional, and moral domains
- Identify techniques for parenting children in a healthy atmosphere
- Develop strategies for handling "problems" common in child rearing
- Explain the role of parenting today in all its variations
- List crises impacting families
- Identify community resources

Food Science and Nutrition

- Use appropriate tools, techniques, and terms
- Follow sequential procedures
- Work independently with a set of instructions
- Analyze own diet for compliance with recommended daily amounts of nutrients
- Explain the value of applying nutrition principles to daily diet
- Plan, prepare, and serve meal for a large group

Pro Start

- Complete documents needed for college and job applications
- Learn how to provide quality customer service
- Practice principles of safety and sanitation in the restaurant work environment
- Use small and large restaurant equipment
- Plan menus based on nutritional standards
- Complete 400 hours paid internship at local restaurant under the guidance of a mentor

Gourmet

- Use a wide range of tools and food preparation techniques
- Follow complex recipes independently
- Research a foreign culture's unique traditions, typical foods, and travel opportunities
- Prepare independently an advanced project based on personal choice

Independent Living

- Analyze their own personal qualities as basis for appropriate career planning
- Demonstrate proficient job search skills
- Exhibit proficiency in interview skills
- Exhibit understanding of personal financial management

Relationships

- Express thoughts and feelings in writing
- Demonstrate positive listening and communication skills
- Practice problem-solving techniques
- Demonstrate understanding of stress reduction and anger management

Child Care Internship

- Act as consultants to child care aides
- Work independently, planning and facilitating various learning projects at volunteer site
- Use an observation checklist to assess student progress
- Achieve proficient media skills with computer editing and digital cameras
- Practice professionalism at placement site (for example, consistent attendance, positive attitude, responsibility, confidentiality)

Child Care Aide

- Practice professionalism
- Plan developmentally-appropriate activities for preschoolers
- Use observation skills to record the sequence of a child's development
- Practice team approach when carrying out preschool plans