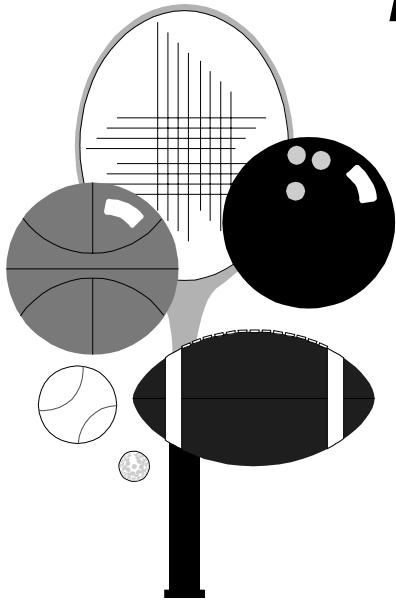


# ***The Health|Physical Education Binder***

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# **THE HEALTH/PHYSICAL EDUCATION BINDER**

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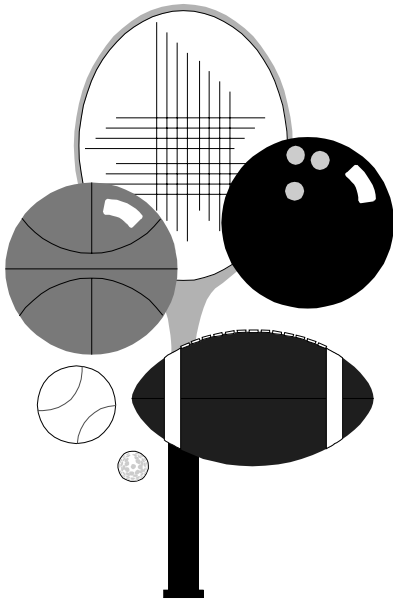
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# Curriculum Guide

## ***Kindergarten Physical Education***

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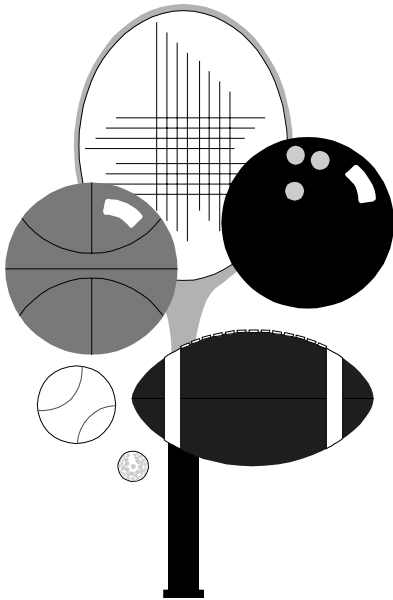
# Kindergarten Physical Education Content Outline

Topic	SOLs	Suggested Time Frame
I. SKILLED MOVEMENT A. Locomotor B. Non-locomotor C. Manipulatives	PE K.1	8-10 weeks/ Ongoing
II. MOVEMENT PRINCIPLES AND CONCEPTS A. Personal Space B. General Space C. Directions D. Levels E. Pathways F. Effort G. Combinations	PE K.2	8-10 weeks/ Ongoing
III. PHYSICAL FITNESS CONCEPTS A. Personal Health B. Active Life-styles	PE K.3, K.5, K.6	6-8 weeks/ Ongoing
IV. SOCIAL SKILLS A. Cooperation B. Safety C. Sportsmanship	PE K.4	3-4 weeks/ Ongoing

**Curriculum Guide**

***First Grade Physical  
Education***

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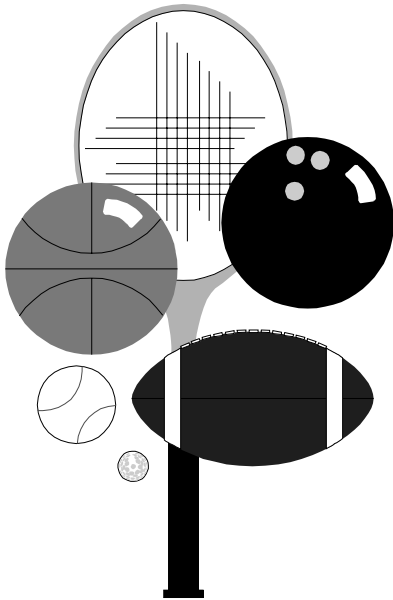
# First Grade Physical Education Content Outline

Topic	SOLs	Suggested Time Frame
I. SKILLED MOVEMENT A. Locomotor and Nonlocomotor Skills B. Manipulative Skills—Stationary and Moving C. Creative Movement D. Stunts and Tumbling E. Rhythmic Activities	PE 1.1	12-14 weeks/ Ongoing
II. MOVEMENT PRINCIPLES AND CONCEPTS A. Application of Concepts to Locomotor Skills B. Application of Concepts to Nonlocomotor Skills C. Application of Concepts to Manipulative Skills	PE 1.2	8-10 weeks/ Ongoing
III. PHYSICAL FITNESS CONCEPTS A. Personal Fitness B. Active Life-styles	PE 1.3, 1.4, 1.6	4-6 weeks/ Ongoing
IV. SOCIAL SKILLS A. Cooperation B. Independent Work C. Readiness for New Activities	PE 1.5	1-2 weeks/ Ongoing

# **Curriculum Guide**

## ***Second Grade Physical Education***

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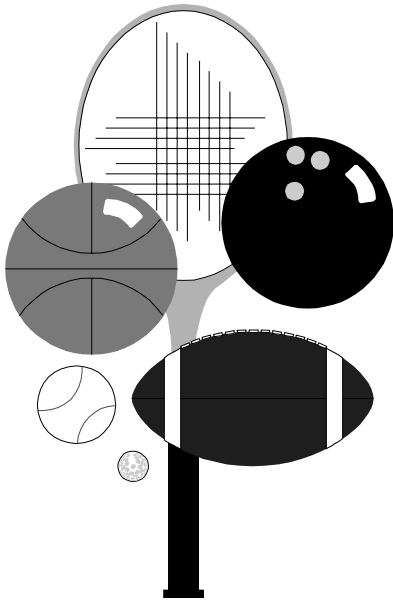
# Second Grade Physical Education Content Outline

Topic	SOLs	Suggested Time Frame
I. SKILLED MOVEMENT A. Individual B. Small Groups C. Combinations and Variations D. Gymnastics Sequences E. Creative Dance Sequences	PE 2.1	10-12 weeks/ Ongoing
II. MOVEMENT PRINCIPLES AND CONCEPTS A. Body Awareness B. Spacial Awareness C. General Awareness D. Dynamic Movement E. Feedback	PE 2.2	8-10 weeks/ Ongoing
III. PHYSICAL FITNESS CONCEPTS A. Fitness Activities B. Benefits C. Student Participation	PE 2.3, 2.5	4-6 weeks/ Ongoing
IV. SOCIAL SKILLS A. Cooperation B. Respect C. Safety	PE 2.4	3-4 weeks/ Ongoing

# Curriculum Guide

## *Third Grade Physical Education*

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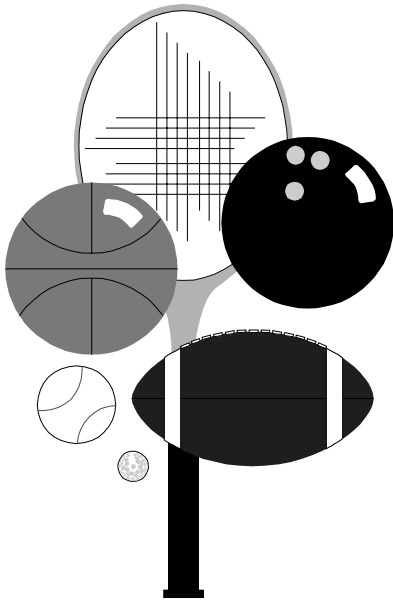
# Third Grade Physical Education Content Outline

Topic	SOLs	Suggested Time Frame
I. SKILLED MOVEMENT A. Locomotor B. Nonlocomotor C. Manipulatives D. Variations and Combinations E. Creative Movement F. Stunts and Tumbling	PE 3.1	10-12 weeks/ Ongoing
II. MOVEMENT PRINCIPLES AND CONCEPTS A. Complex Movement Activities B. Motion C. Non-locomotor D. Manipulatives E. Partners	PE 3.2	10-12 weeks/ Ongoing
III. PHYSICAL FITNESS CONCEPTS A. Personal Fitness B. Active Life-styles	PE 3.3, 3.5	4-6 weeks/ Ongoing
IV. SOCIAL SKILLS A. Sportsmanship B. Cooperation C. Self-Discipline	PE 3.4	1-2 weeks/ Ongoing

# Curriculum Guide

## ***Fourth Grade Physical Education***

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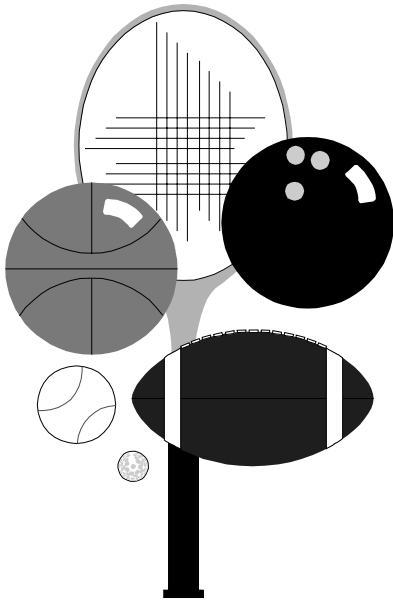
# Fourth Grade Physical Education Content Outline

Topic	SOLs	Suggested Time Frame
I. SKILLED MOVEMENT A. Modified Games/Activities B. Variations and Combinations C. Sequences D. Rhythms	PE 4.1	10-12 weeks/ Ongoing
II. MOVEMENT PRINCIPLES AND CONCEPTS A. Progressive Patterns and Skills B. Game Strategies C. Personal Performance D. Feedback	PE 4.2	8-10 weeks/ Ongoing
III. PHYSICAL FITNESS CONCEPTS A. Personal Fitness B. Active Life-styles C. Assessments D. Benefits	PE 4.3, 4.5	6-8 weeks/ Ongoing
IV. SOCIAL SKILLS A. Group Cooperation B. Cultural Influences	PE 4.4	1-2 weeks/ Ongoing

**Curriculum Guide**

***Fifth Grade Physical  
Education***

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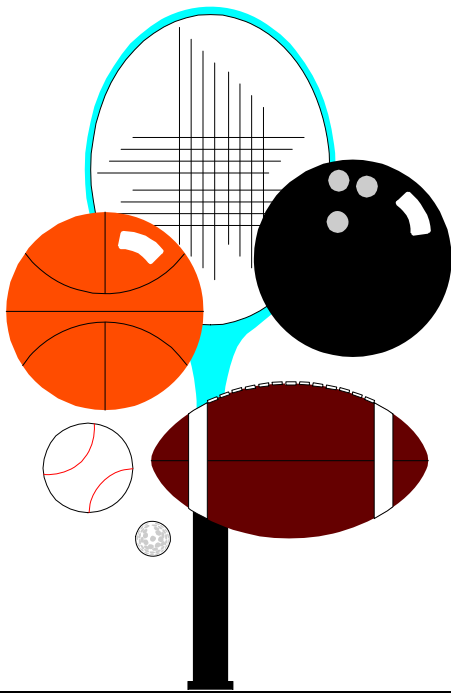


# Fifth Grade Physical Education Content Outline

Topic	SOLs	Suggested Time Frame
I. MOVEMENT SKILLS A. Stunts and Tumbling Sequences B. Rhythm and Dance Sequences	PE 5.1	8-10 weeks/ Ongoing
II. MOVEMENT PRINCIPLES AND CONCEPTS A. Spacial and Body Awareness B. Projecting C. Offensive and Defensive Tactics D. Practice E. Feedback	PE 5.2	12-14 weeks/ Ongoing
III. PHYSICAL FITNESS CONCEPTS A. Personal Fitness B. Active Life-styles C. Assessments D. Benefits	PE 5.3, 5.4, 5.6	4-6 weeks/ Ongoing
IV. SOCIAL SKILLS A. Acceptable Behaviors B. Independent Work	PE 5.5	1-2 weeks/ Ongoing

Curriculum Guide

Health and  
*Physical Education 6*



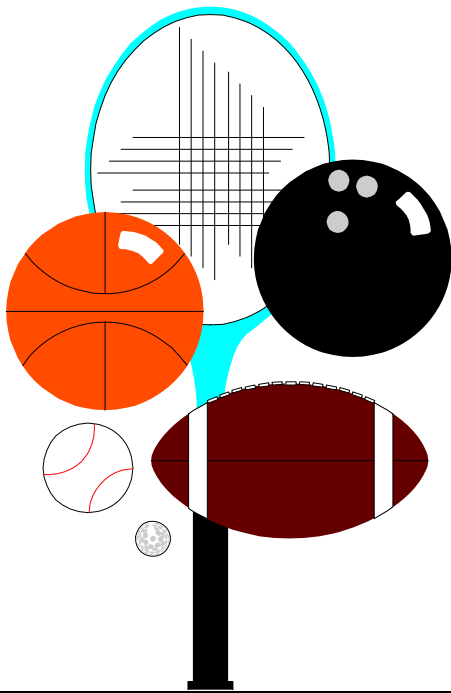
# Health and Physical Education 6

## Content Outline

Topic	SOLs	Suggested Time Frame
I. PERSONAL FITNESS A. Components of Fitness B. Lifetime Activities C. Fitness Assessments	PE 6.1, 6.3, 6.4, 6.5	Ongoing during PE blocks
II. TEAM SPORTS A. Beginner Skills B. Rules C. Practice Drills D. Sportsmanship	PE 6.1, 6.2, 6.4,	24 Blocks
III. RECREATIONAL/INDIVIDUAL SPORTS A. Racquet Sports B. Track and Field C. Rhythms and Dance D. Team Handball	PE 6.1, 6.2, 6.3	15 Blocks
IV. PERSONAL/COMMUNITY HEALTH A. Health and Environment B. Responsible Behaviors C. Conflict Resolution D. Media Influences E. Respect	HE 6.1, , 6.4, 6.6, 6.7	6 Blocks
V. ADOLESCENT PHYSICAL DEVELOPMENT A. Stress B. Peer Pressure C. Bullying	HE 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7	6 Blocks
VI. DRUG AWARENESS A. Gateway Drugs B. Effects of Drugs C. Drug Abuse Prevention	HE 6.1, 6.2, 6.4, 6.6	6 Blocks
VII. SAFETY A. Accident Prevention B. First Aid	HE 6.5	6 Blocks

Curriculum Guide

Health and  
*Physical Education 7*



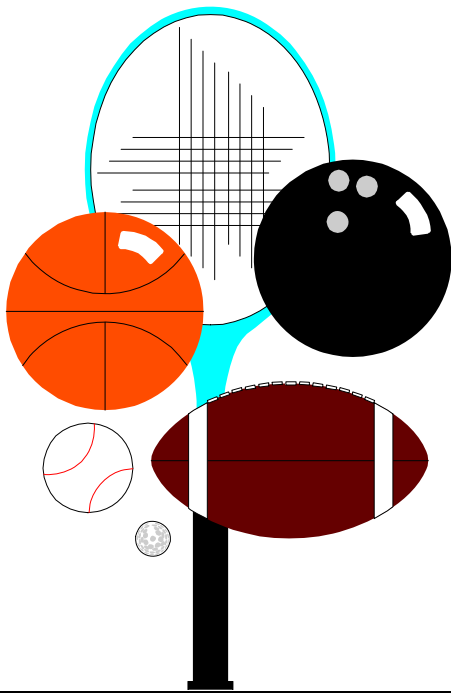
# Health and Physical Education 7

## Content Outline

Topic	SOLs	Suggested Time Frame
I. PERSONAL FITNESS A. Components of Fitness B. Fitness Assessments C. Exercise Safety D. Personal Fitness Plan	PE 7.3, 7.5	Ongoing
II. TEAM SPORTS A. Intermediate Skills B. Offensive/Defensive Strategies C. Biomechanical Principles D. Sport Safety	PE 7.1, 7.2, 7.4	24 Blocks
III. RECREATIONAL /INDIVIDUAL SPORTS A. Racquet Sports B. Track and Field C. Rhythms and Dance D. Community Leisure Activities	PE 7.1, 7.2	15 Blocks
IV. HEALTH AND WELLNESS A. Healthy Behaviors B. Risky Behaviors C. Decision Making Strategies D. Personal Health Goals	HE 7.1, 7.2, 7.3	5 Blocks
V. PHYSICAL ACTIVITY AND FITNESS A. Elements of Fitness B. Benefits of Physical Activity C. Body Systems: Muscular, Skeletal, Circulatory D. Nutrition E. Fitness Plan	HE 7.2, 7.3	7 Blocks
VI. MENTAL AND EMOTIONAL HEALTH A. Self Concept B. Emotions C. Sources of Stress D. Stress Management E. Mental/Emotional Disorders	HE 7.1, 7.2, 7.4	5 Blocks
VII. COMMUNITY HEALTH A. Consumer Health B. Health Care Services C. Environmental Health	HE 7.3, 7.4, 7.5	5 Blocks

Curriculum Guide

Health and  
*Physical Education 8*



# Health and Physical Education 8

## Content Outline

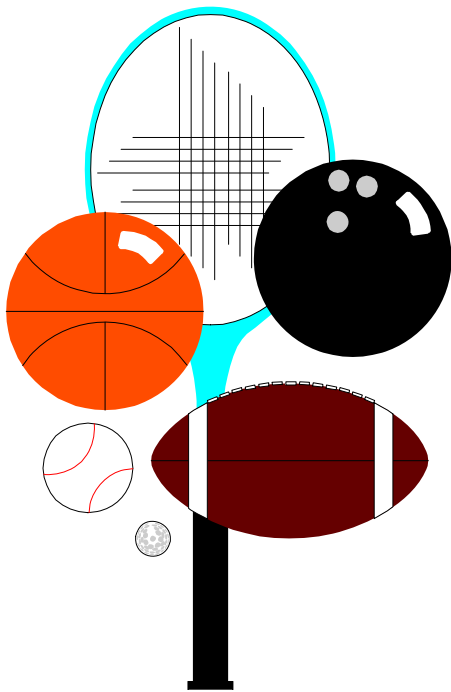
Topic	SOLs	Suggested Time Frame
I. PERSONAL FITNESS A. Components of Fitness B. Cross Training C. Injury Prevention D. Personal Fitness Plan E. Healthy Lifestyle Habits	PE 8.4, 8.6	Ongoing during Physical Education Block
II. TEAM SPORTS A. Intermediate/Advanced Skills B. Rules of the Game C. Sport Terminology D. Sport Science E. Sport Specific Safety F. Game Strategy G. Game Play	PE 8.1, 8.2, 8.3, 8.5, 8.6	24 Blocks
III. RECREATIONAL ACTIVITIES A. Racquet Sports B. Track and Field C. Rhythms and Dance D. Leisure Activities	PE 8.1, 8.2, 8.3	15 Blocks
IV. MENTAL HEALTH AND DISORDERS A. Healthy Life Skills B. Mental and Emotional Problems C. Suicide Prevention D. Help for Mental Health Care	HE 8.1, 8.2,	5 Blocks
V. FITNESS AND NUTRITION A. Fitness Components B. Nutrients C. Food Guide Pyramid D. Weight Management E. Eating Disorders	HE 8.2, 8.3, 8.4	10 Blocks
VI. DISEASES AND BODY SYSTEMS A. Body Systems: Respiratory, Nervous, Digestive, Immune B. Disease Prevention C. Communicable Diseases D. Non Communicable Diseases	HE 8.1	7 Blocks

Curriculum Guide

*Health & Physical*

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*Education 9*



# Health and Physical Education 9

## Content Outline

Topic	SOLs	Suggested Time Frame
I. PERSONAL HEALTH AND WELLNESS A. Nutritional Principles B. Health and Wellness Products C. Alcohol, Tobacco, and Other Substances D. Healthy Habits E. Lifelong Fitness Plan F. Health Behavior Parameters G. Coping with Stress H. Time Management I. Conflict Resolution	HE 9.1	5 Blocks
II. PROMOTING HEALTHY LIFESTYLES A. Cardiovascular Systems B. Communicable Disease Prevention C. Lifestyle Choices	HE 9.2	5 Blocks
III. RESPONSIBLE BEHAVIORS A. Risky Behaviors B. Consequences of weapons and violence C. Situational Risk D. First Aid and CPR E. Effects of Alcohol and Drugs	HE 9.3	5 Blocks
IV. INFORMATION ACCESS AND USE A. Personal Health Goals and National Health Issues B. Health Information Sources	HE 9.4	3 Blocks
V. COMMUNITY AND ENVIRONMENTAL HEALTH A. Positive Professional Relationships B. Community Projects C. School and Community Health Programs D. Community Services E. Health Related Social Issues	HE 9.5	5 Blocks
VI. SPORT SPECIFIC SKILLS A. Applying Sport Competencies B. Lifelong Fitness Planning	PE 9.1, 9.3, 9.5	Ongoing
VII MOVEMENT PRINCIPLES AND CONCEPTS A. Movement Principles B. Integrating movement principles	PE 9.1, PE.9.2	15 Blocks
VIII PHYSICALLY ACTIVE LIFESTYLES A. Designing Physical Fitness Goals B. Apply training principles	PE 9.1, PE 9.3	10 Blocks

- C. Strategies for improving personal fitness
- D. Analyzing personal fitness
- E. Consumer Issues

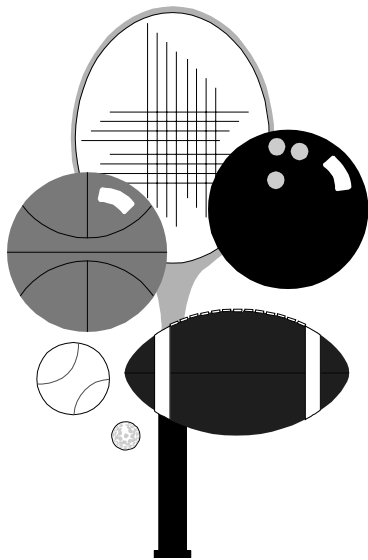
Topic	SOLs	Suggested Time Frame
VIII RESPONSIBLE BEHAVIORS A. Independent behaviors B. Respect abilities of peers C. Display responsible behaviors	PE 9.1, 9.4	2 Blocks
PHYSICAL FITNESS GOALS A. Daily Participation X B. Evaluate and assess personal goals C. Analyze benefits of physical activity	PE 9.1, 9.5	5 Blocks

**Curriculum Guide**

***Health, Physical Education***  

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***& Driver Education 10***



# Health and Physical Education 10

## Content Outline

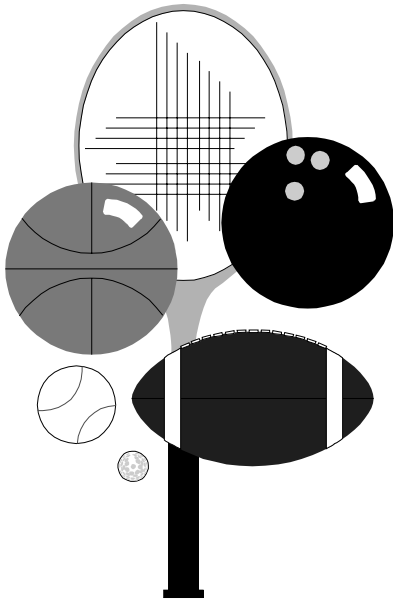
Topic	SOLs	Suggested Time Frame
I. HEALTH CONCEPTS AND BEHAVIORS A. Healthy Nutritional Choices B. Healthy Lifestyle Choices C. Effects of Drugs D. Injury Prevention	HE 10.1	5 Blocks
II. PROMOTING HEALTHY LIFESTYLE A. Effects of Assertiveness B. Involvement in Community Activities C. Value of Self Control D. Merits of Goal Setting E. Healthy Decision Making Environmental Influences F. Promoting Health and Wellness G. Positive Role Models	HE 10.2	5 Blocks
III. RESPONSIBLE BEHAVIORS A. Violence Prevention Strategies B. Conflict Resolution C. First Aid D. Recognizing Suicidal Behaviors E. Recognizing Dangerous Situations F. Crisis Management Strategies. G. Avoiding Gang Activity H. Seeking Support	HE 10.3	5 Blocks
IV. INFORMATION ACCESS AND USE A. Promoting Health Through Advertising B. Using Technology Tools C. Government involvement in health D. Impact of Technology on Health E. Health Careers	HE 10.4	3 Blocks
V. COMMUNITY AND ENVIRONMENTAL HEALTH A. Benefits of Volunteering B. Effects of Drinking and Driving C. Consequences of Violence D. Addressing Community Health Issues E. Promoting Healthy Communities F. Positive Role Models G. Influence of Drug and Alcohol Use	HE 10.5	5 Blocks
VI. SPORTS SPECIFIC SKILLS A. Competency in movement skills B. Lifelong fitness planning	PE 10.1	15 Blocks

VII	<b>MOVEMENT PRINCIPLES AND CONCEPTS</b> A. Applying Scientific Principles to Movement B. Integrating Movement Principles	PE 10.1, PE 10.2	5 Blocks
VIII	<b>PERSONAL FITNESS AND TRAINING</b> A. Applying Training Principles B. Analyzing Personal Fitness	PE 10.1, PE 10.3	15 Blocks
VIII	<b>RESPONSIBLE BEHAVIORS</b> A. Maintaining Appropriate Behaviors B. Leadership and Cooperation C. Injury Prevention D. Cultural Perspective of Sports E. Respecting Physical Differences	PE 10.1, PE 10.4	5 Blocks
X	<b>PHYSICALLY ACTIVE LIFESTYLES</b> A. Staying Active B. Personal Physical Activity Goals C. Understanding Personal Changes D. Overcoming Exercise Barriers	PE 10.1, PE 10.5	5 Blocks

# Curriculum Guide

## *Physical Education 11*

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# Physical Education 11

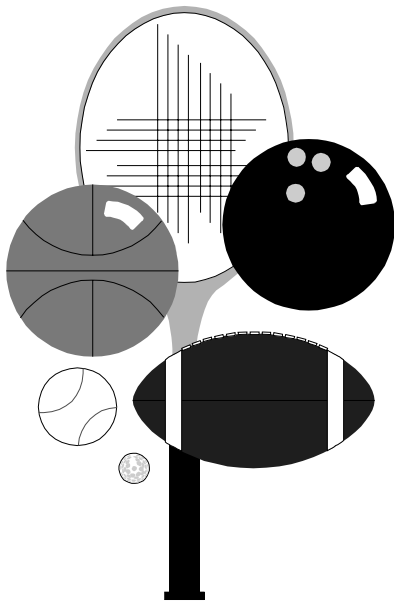
## Content Outline

Topic	SOLs	Suggested Time Frame
I. FITNESS AND WELLNESS A. Personal Fitness B. Weight Training C. Distance Running D. Plyometric and Agility Training	PE 11.2, 11.3	Ongoing
II. INDIVIDUAL AND TEAM SPORTS A. Basketball B. Bowling C. Flag Football D. Golf E. Softball F. Tennis G. Track and Field Events H. Volleyball	PE 11.1, 11.2, 11.4	25 blocks/ 50 single periods
III. RECREATION AND OUTDOOR ACTIVITIES A. Badminton B. Table Tennis C. Pickleball D. Orienteering E. Teambuilding Activities F. Cycling	PE 11.2, 11.4, 11.5	15 blocks/ 30 single periods
IV. RHYTHMIC MOVEMENTS A. Aerobics B. Dance C. Rhythmic Gymnastics D. Tumbling	PE 11.2	5 blocks/ 10 single periods

# Curriculum Guide

## *Physical Education 12*

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# Physical Education 12

## Content Outline

Topic	SOLs	Suggested Time Frame
I. FITNESS AND WELLNESS A. Personal Fitness B. Weight Training C. Distance Running D. Plyometric and Agility Training	PE 12.2, 12.3	Ongoing
II. INDIVIDUAL AND TEAM SPORTS A. Basketball B. Bowling C. Flag Football D. Golf E. Softball F. Tennis G. Track and Field Events H. Volleyball	PE 12.1, 12.2, 12.4	25 blocks/ 50 single periods
III. RECREATION AND OUTDOOR ACTIVITIES A. Badminton B. Table Tennis C. Pickleball D. Orienteering E. Teambuilding Activities F. Cycling	PE 12.2, 12.4, 12.5	15 blocks/ 30 single periods
IV. RHYTHMIC MOVEMENTS A. Aerobics B. Dance C. Rhythmic Gymnastics D. Tumbling	PE 12.2	5 blocks/ 10 single periods