

Physical Education and Health Education

The **Course Objectives** are based on state and national standards, and encompass the 3 domains of PE (psychomotor, cognitive, and affective):

- 1.** Demonstrate competence in two movement forms.
- 2.** Analyze motor performance and use information to improve performance.
- 3.** Participate regularly in health-enhancing and personally rewarding physical activity outside the PE class setting.
- 4.** Achieve and maintain a health-enhancing level of physical fitness, develop a personal fitness plan.
- 5.** Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- 6.** Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

In addition to the health-related fitness components, health curriculum requirements (*Systems of the Body and Personal & Community Health & Wellness*) may be embedded within the units over the course of the year.