

## Grades 9-12 Health/PE Curriculum

### RATIONALE

All human beings have the ability and desire to move and be active throughout their lives in order to live a healthy life. Therefore, a program of physical education should provide students with developmentally appropriate activities and use a variety of teaching methods based on each student's individual needs. A Comprehensive School Health Program can play a leading role in enabling students to lead healthy, active lives; now and in the future. Quality programs provide students with opportunities to explore concepts in-depth, analyze and solve real-life problems, work cooperatively on tasks that develop and enhance their conceptual understanding, and develop physical and social skills necessary for a healthy, active life. A Comprehensive School Health Program can play a leading role in enabling students to lead healthy, active lives; now and in the future. Quality programs provide students with opportunities to explore concepts in-depth, analyze and solve real-life problems, work cooperatively on tasks that develop and enhance their conceptual understanding, and develop physical and social skills necessary for a healthy, active life.

### DESCRIPTION/PURPOSE

The purpose of the Health/PE curriculum describes quality health education and physical education curricula that will help students develop a life-long commitment to healthy, active living. The healthy, physically active child is more likely to be academically motivated, alert and successful in school and more likely to establish habits of behavior that will foster good health throughout life thereby enhancing the quality of life. Children and youth who are physically, emotionally and socially well are better able to benefit from learning experiences provided in school. Health behaviors are influenced by a variety of factors that include awareness and knowledge of health issues, skills necessary to develop healthy behaviors and opportunities to practice the behaviors.

Because health behaviors are learned, they can be shaped and changed. Fostering healthy children is the shared responsibility of families, communities and schools. Planned, sequential, age and developmentally appropriate K-12 curriculum in health education and physical education is necessary for students to become physically educated and health-literate individuals thereby contributing to an enhanced quality of life. School health education and physical education can make valuable contributions in areas such as these and can play an important role in improving the quality of life. These priorities focus on the attainment of graduate goals and the Show-Me Standards identified throughout the Health/PE curriculum.

Physical education contributes to the development of a physically educated person who:

1. Learns skills necessary to perform a variety of physical activities  
Is physically fit
- 2.3. Participates regularly in physical activity
4. Knows the implications of and the benefits from involvement in physical activities  
Values physical activity and its contributions to a healthful lifestyle
- 5.

### Content Description by Grade Level Span

Grade levels are divided into four segments; kindergarten-second grade; third-fifth grade; sixth-eighth grades; and, ninth-twelfth grades. Grade twelve can last up to four years. The curriculum is cumulative in that skills learned during the elementary years are expanded during the middle school grades and so forth. The goals and benchmarks for the student must be selected from the student's curricular grade span. We recognize that each student will accomplish the graduate goals by different means (goals mastered).

**Health and PE      Grades 9-12**

**Graduate Goal 1** Graduates will communicate.

**Graduate Goal 2** Graduates will make choices.

**Graduate Goal 3** Graduates will express personal feelings and self-advocate for needs.

**GLE:** Not Available

**STRAND:** Not Available

**Show-Me Standard H/PE-1**  
Structures of, functions of, and relationships among human body systems.

**Alternate Framework Standard AltH/PE-1**  
Demonstrating basic concepts and personal health care skills related to bodily functions.

**Alternate Process Standard:** (What All Students Should Do)  
Goal 1 Alt-5, Goal 3 Alt-8

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Actively release an object.	5023026		
Adjust clothing when using toilet.	5539000		
Indicate a need to eliminate and eliminate when taken after the request.	5533000		
Touch diaper to indicate need to be changed.	7500140		
Indicate yes/no when asked if wet or dry.	5521003		
Lift hips for diaper change/change of pants.	5306005		
Adjust body for wiping.	7500004		
Wipe self after eliminating and dispose of paper in the toilet.	5545000		
Locate the restroom.	5563000		
Ask location of restroom.	5569003		
Wipe mucus from nose and face.	5259004		
Wipe face and hands until excess food is removed.	7500035		

**Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.**

**HEALTH CARE**



**Health and PE      Grades 9-12**

**Graduate Goal 2** Graduates will make choices.

**Graduate Goal 7** Graduates will integrate sensory stimuli or find a positive alternative.

**GLE:** Not Available

**STRAND:** Not Available

**Show-Me Standard H/PE-2**  
Principles and practices of physical and mental health (such as personal health habits, nutrition, stress management).

**Alternate Framework Standard AltH/PE-2**  
Demonstrating basic concepts and self-care skills related to personal hygiene, nutrition, and stress management.

**Alternate Process Standard:** (What All Students Should Do)  
Goal 1 Alt-10, Goal 3 Alt-8, Goal 4 Alt-6

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Move head in direction of food.	5375001		
Show partial participation in self-feeding skills.	7500408		
Eat types of foods with more than one consistency.	5387010		
Close mouth when spoon is placed on tongue.	7500326		
Open mouth when physically stimulated by spoon.	5375003		
Maintain neutral hand position while sitting.	7500291		
Use correct posture, not slouch, while sitting to perform activities.	7600150		
Accept liquid in mouth.	7500040		
Suck liquid from a straw.	5369007		
Use two hands to hold squeeze bottle.	7500003		
Retrieve a prepared drink from the refrigerator.	5417007		
Drink from a cup with no spills.	7500217		
Select eating utensils.	7500031		
Hold finger foods.	5381002		
Grasp finger food and carry it to the mouth.	5381003		
Use napkin.	5423007		
Use a knife.	5411000		
Stab food using a fork.	7500313		

**PERSONAL HYGIENE**

**Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.**

**Health and PE      Grades 9-12**

- Graduate Goal 5** Graduates will follow routines.
- Graduate Goal 4** Graduates will solve problems or complete tasks.
- Graduate Goal 7** Graduates will integrate sensory stimuli or find a positive alternative.
- GLE:** Not Available
- STRAND:** Not Available

**Show-Me Standard H/PE-3**  
Diseases and methods for prevention, treatment, and control.

**Alternate Framework Standard AltH/PE-3**  
Demonstrating knowledge of basic concepts and self-care skills related to diseases, methods of prevention, treatment and control.

**Alternate Process Standard:** (What All Students Should Do)  
Goal 1 Alt-2, Goal 3 Alt-1

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Allow touching with moderate pressure to the teeth and gums and around exterior of mouth without evidence of discomfort or displeasure.	7500394		
Brush top and bottom teeth.	5265009		
Rinse mouth.	5265011		
Turn faucet on and off.	5272009		
Use sanitizing liquid to clean hands.	7810092		
Operate soap dispenser to put soap on free hand.	5247004		
Bathe in a bathtub.	7810072		
Bath in a shower.	7810073		
Use deodorant.	5471000		
Dry hair with towel.	5278006		
Wash hair.	5278000		
Use hair dryer.	5447000		
Use comb or brush to smooth hair into place.	5441005		

**SELF-CARE**

**Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.**

**Health and PE      Grades 9-12**

<b>Graduate Goal 7</b>	Graduates will integrate sensory stimuli or find a positive alternative.
<b>Graduate Goal 8</b>	Graduates will use an efficient method to access environments.
<b>Graduate Goal 9</b>	Graduates will participate in individual, group, and family recreational/leisure activities.
<b>GLE:</b>	Not Available
<b>STRAND:</b>	Not Available

<b>Show-Me Standard H/PE-4</b>
Principles of movement and physical fitness.
<b>Alternate Framework Standard AltH/PE-4</b>
Participating in movement and fitness activities (including choosing preferred activities.).
<b>Alternate Process Standard:</b> (What All Students Should Do)
Goal 3 Alt-8, Goal 4 Alt-6, Goal 4 Alt-7

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Turn head to both sides while in sitting position.	7500319		Teaching reliable yes/no responses, communicating to student sitting on either side, telling student on either side to take their turn at a game.
Maintain a sitting posture with head erect and in midline.	7500386		Participating in any art or leisure activity (understanding the game is not the priority), eating.
Roll from supine to prone.	5127006		
Roll from prone to supine.	5127005		
Roll to a destination/object.	5127009		
Crawl forward using arm and leg movements.	5133006		
Bear weight on legs and feet during a stand-pivot transfer.	5177018		
Perform activities to increase motor endurance.	7500432		
Walk for endurance and fitness.	7810037		Monitoring cardiovascular and endurance training.
Walk beside adult.	7500065		
Turn to one side while walking.	5139027		
Walk with a group.	7500086		
Walk holding an item in both hands.	7500082		
Walk at a steady pace on a treadmill.	5189020		
Walk over and around objects and uneven surfaces without losing balance while doing activities in and out of school.	7500391		
Participate in an exercise program to increase upper extremity strength.	7500402		Use video exercise tapes or tape television program to use in the afternoon, use exercise tape for a person in a wheelchair.
Perform stretching and upper body exercises.	7500242		Use video exercise tapes or tape television program to use in the afternoon, use exercise tape for a person in a wheelchair.
<b>Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.</b>			

**WELLNESS AND FITNESS**

**Health and PE      Grades 9-12**

<b>Graduate Goal 7</b>	Graduates will integrate sensory stimuli or find a positive alternative.
<b>Graduate Goal 8</b>	Graduates will use an efficient method to access environments.
<b>Graduate Goal 9</b>	Graduates will participate in individual, group, and family recreational/leisure activities.
<b>GLE:</b>	Not Available
<b>STRAND:</b>	Not Available

<b>Show-Me Standard H/PE-4</b> Principles of movement and physical fitness.
<b>Alternate Framework Standard AltH/PE-4</b> Participating in movement and fitness activities (including choosing preferred activities.).
<b>Alternate Process Standard:</b> (What All Students Should Do) Goal 3 Alt-8, Goal 4 Alt-6, Goal 4 Alt-7

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities	WELLNESS AND FITNESS
Maintain head control while using hands in an activity.	7500045			
Turn head to one side.	7810023			
Turn head toward sensory stimulation activity without dropping head forward or to the side.	7500073			
Maintain head erect during an activity.	7500049			
Hold head in midline.	7500216			
Exhibit head and trunk control in various positions.	7500235			
Bear weight on extended arms.	7500002			
Maintain head control in supported standing.	7500287			
Stand.	5139010			
Participate in simple computer software leisure activities.	7810024			
Participate in simple solitary leisure activities.	7810025			
Participate in family related sport activities.	7810026			
Take turns.	6929006			
Play simple board games.	7810074			
Roll dice.	7810027			
Hold cards to play a card game.	7810028			
Change directions during water activity.	7008016			
Tread water.	7008026			
Participate in simple hobby craft activities.	7810091			
<b>Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.</b>				

**Health and PE      Grades 9-12**

**Graduate Goal 7**    Graduates will integrate sensory stimuli or find a positive alternative.

**Graduate Goal 9**    Graduates will participate in individual, group, and family recreational/leisure activities.

**GLE:**                    Not Available

**STRAND:**            Not Available

**Show-Me Standard H/PE-4**  
Principles of movement and physical fitness.

**Alternate Framework Standard AltH/PE-4**  
Participating in movement and fitness activities (including choosing preferred activities.).

**Alternate Process Standard:**    (What All Students Should Do)  
Goal 3 Alt-8, Goal 4 Alt-6, Goal 4 Alt-7

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Stand by stable surface.	7500311		
Push pedals to move the tricycle.	7500356		
Ride an adaptive tricycle.	6718029		
Ride bicycle with training wheels.	6718018		
Ride bicycle.	6718019		
Put on/wear a bicycle helmet when riding a bicycle.	5183021		
Participate in fishing activities.	7810029		
Throw a ball.	7500332		
Move from place to place in small or narrow area.	5171023		
Side step to one side.	5139025		
Ride an adult tricycle.	7500384		
Ride a bike for endurance and fitness.	7500385		
Pedal a stationary bicycle.	6718017		
Perform weight lifting activities.	7500285		
Bowl a game.	7500017		

**WELLNESS AND FITNESS**

**Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.**

**Health and PE      Grades 9-12**

**Graduate Goal 8**    Graduates will use an efficient method to access environments.

**Graduate Goal 9**    Graduates will participate in individual, group, and family recreational/leisure activities.

**GLE:**                    Not Available

**STRAND:**            Not Available

**Show-Me Standard H/PE-5**

Methods used to assess health, reduce risk factors, and avoid high-risk behaviors (such as violence, tobacco, alcohol, and other drug use).

**Alternate Framework Standard AltH/PE-5**

Developing an awareness of basic concepts and skills related to avoiding high-risk behaviors.

**Alternate Process Standard:**    (What All Students Should Do)

Goal 1 Alt-1, Goal 1 Alt-2, Goal 2 Alt-2

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Maintain standing balance at a stable support while reaching for objects.	7500281		Any art or leisure activity while in a prone stander, standing table, etc. The key to the activity is to engage in leisure skills and to interact with others.
Use hands for protection.	5115001		
Complete transfers from one position to another position.	5177037		
Perform wheelchair transfers.	5177033		
Complete modified transfers.	5177039		
Maintain appropriate posture and balance to perform activities.	7500389		
Maintain trunk in upright position.	5351002		
Use upper extremities to maintain balance when sitting on stable surface.	7500058		
Maintain sitting balance on a stable surface.	7500294		
Hold stable support and pull self forward in seat.	7500213		
Sit in a chair with feet on floor.	5109018		
Bend to retrieve items from floor.	7500036		
Walk on the sidewalks whenever possible.	6408001		
Move on an uneven surface (grass).	5171029		

**BODY AWARENESS**

**Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.**



**Health and PE      Grades 9-12**

**Graduate Goal 6**    Graduates will participate in cause and effect activities.

**Graduate Goal 2**    Graduates will make choices.

**GLE:**                    Not Available

**STRAND:**            Not Available

**Show-Me Standard H/PE-7**

Responses to emergency situations.

**Alternate Framework Standard AltH/PE-7**

Recognizing basic first aid concepts and skills.

**Alternate Process Standard:**    (What All Students Should Do)

Goal 1 Alt-5, Goal 3 Alt-1

Authentic Life Skills (What All Students Should Know)	IEP Code	API Code	Authentic Learning Activities
Seek attention and/or assistance when self or others are hurt.	7810032		
Put on a Band-Aid.	7810033		
Use a spray on antiseptic.	7810034		
Identify body parts.	7810035		Textures on various body parts, lotion on body parts, identify what part of body part goes into clothing first.

**FIRST AID**

**Assessment of Student Performance: Performance tasks, student performance data, authentic assessment.**