

LIFE SKILLS TEAM

Board of Education Presentation
11/15/16

HEALTH EDUCATION GRADES 7-12

National Health Standards/Goals

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Students will Demonstrate the ability to access valid information and products and services to enhance health.

Students will Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Students will Demonstrate the ability to use decision-making skills to enhance health.

Students will Demonstrate the ability to use goal-setting skills to enhance health.

Students will Demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

Students will Demonstrate the ability to advocate for personal, family and community health.

Topics of Discussion

- What is Health
- Physical Activity & Nutrition
- Mental & Emotional Health
- Safe & Healthy Relationships
- Personal Care & Body Systems
- Growth & Development
- Tobacco, Alcohol, other Drugs
- Communicable & Non-Communicable Diseases
- Violence & Injury Prevention

STUDENT ACTIVITIES/PROJECTS

- Diet Project: Each student will keep a 7 day record of diet and exercise and write a reflective paper.
- Communicable Disease Brochure: Each student will create an informational brochure discussing a specific communicable disease.
- Posters: Students will create anti-tobacco/nicotine, alcohol, drug, Halloween safety posters that can be placed distributed to both ALES and ALMHS.

New York State Framework Standards for Physical Education

1. Personal health and fitness

Student will have necessary knowledge & skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.

2. A safe and healthy environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

3. Resource Management

Students will understand and be able to manage their person and community resources.

National PE Standards/Goals

- 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**
- 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**
- 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**
- 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.**
- 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

PHYSICAL EDUCATION UPK-5TH GRADE

- Base Games
- Basketball
- Body Awareness
- Classroom Management
- Football
- Force/Speed
- Formations
- Gymnasium Orientation
- Gymnastics/Tumbling
- Hockey
- Lacrosse
- Locomotor Skills
- Manipulative Skills
- Net Games
- Non locomotor Skills
- Physical Fitness Tests
- Pool (grades 3-5)
- Relay and Team Concepts
- Rhythmic Movement/Dance
- Rock Climbing
- Simple Games
- Soccer
- Spatial Awareness
- Team Work/Cooperation

Physical Education 6-8

Units for Physical Education

- Physical Fitness Testing
- Ultimate Frisbee
- Team games: Matball, kickball,...
- Kinball
- Flag Football
- Aquatics: Skill Development, water exercise, games
- Weight room activities: exercise, yoga, dance, fitness challenges, jump rope, resistance training, cardio training, safety, etc...
- Basketball
- Volleyball
- Track and Field
- Eclipse ball
- Ping pong
- Etc...

PHYSICAL EDUCATION 9-12

Units for Physical Education

- Physical Fitness Testing
- Archery: NASP program
- Eclipse Ball
- Flag football
- Ultimate Frisbee
- Street Games
- Volleyball
- Lacrosse
- Aquatics—skill tests, water exercise, games
- Weight training/weight room activities—use of all equipment, yoga, individual exercise programs
- Tennis
- Floor Hockey
- Softball
- Walking programs
- Etc.



STUDENT ENGAGEMENT

- New Equipment
 - Spin Bikes
 - Squat Rack
 - Archery (Bows & Targets)
 - Prowler Sled
 - Golf Target
- PE Forum - local PE teachers collaborate in regards to newest trends and topics in PE
- ALMHS PE Curriculum choice curriculum - when possible(variety)
- Round Robin Tournaments
- Student driven drafting of teams for tournaments
- Demonstration
- Lecture
- Hands on participation

- PE Club: xc skiing and whitewater rafting



Family & Consumer Science

Grades 6-8

Middle School Family & Consumer Science is a course designed to help middle level students live in a society of constant change and to improve their quality of life by preparing them to meet their present and future responsibilities as family member and community members, consumers, home managers, and wage earners. The goal is to educate early adolescents to think constructively, make sound decisions, solve problems, and manage resources.

New York State Standards and Topics FACS

Family & Consumer Science Learning Standards MS & HS

Content Topics Include the Following:

Standard 1: Personal Health and Fitness

- Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2: Safe and Healthy Environment

- Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3: Resource Management

- Students will understand and be able to manage their personal and community resources.

- Community Connections (CC)
- Career Development (CD)
- Clothing Management (CM)
- Consumer Resource Management (CRM)
- Family/Parenting (F)
- Financial Management (FM)
- Human Development (HD)
- Interpersonal Relationships (IR)
- Nutrition and Wellness (NW)
- Personal Environment Management (PEM)

Family & Consumer Science: Food & Nutrition Grade 12

This course is an introduction to the basic principles of nutrition, wellness and food preparation. The focus of this course is centered on the nutrients in foods, safe and sanitary preparation as well as making healthy lifestyle choices. Students will have the necessary skills to provide for the nutritional needs of themselves and others, students need to make informed decisions about food and nutrition now and in their future roles as family, community and career leaders and citizens.

Food and Nutrition Objectives and Projects

At the conclusion of this course students will be able to:

- Describe safety and sanitation practices used when preparing food
- Describe food terminology and proper measuring of foods
- Demonstrate the ability to follow a recipe
- Explain the benefits of eating a variety of foods from the recommended food groups throughout the lifespan
- Describe the factors that affect healthy weight management
- Meal Planning on a Budget
- Create Restaurant Menu
- Write a children's story that stresses the importance of healthy eating
- Create a recipe and prepare/demonstrate preparation for class
- Research fad diets and present pro and cons