

HEALTH/PHYSICAL EDUCATION/DRIVERS EDUCATION CURRICULUM SUMMARY

The purpose of the Health/Physical Education/Drivers Education Curriculum Summary is to present an overview of the Fitness I curriculum. Parents are the intended audience of the Health/Physical Education/Drivers Education Curriculum Summary.

<p>Healthful Living</p> <ul style="list-style-type: none">• Decision Making Skills: create and apply a healthy living model	<p>Physical Activity</p> <ul style="list-style-type: none">• Physical activities that promote health and fitness• Effects of regular participation• Response of the body systems to physical activity• Physical activity preferences• Physical activity and motor skill improvement
<p>Safety and Injury Prevention</p> <ul style="list-style-type: none">• Physical activities that promote health and fitness• Safe practices in physical activities	<p>Concepts, Principals, and Strategies of Movements</p> <ul style="list-style-type: none">• Movement skills and concepts• Motor skill development• Introduction to principles of exercise training• Scientific and biomechanical principles: anatomy and physiology