

**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 Wellness and Fitness curriculum. Parents are the intended audience of the Health/Physical Education/Drivers Education Curriculum Summary.

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| <p><b>10.3 Safety &amp; Injury Prevention</b></p> <ul style="list-style-type: none"><li>• Safe and unsafe practices</li><li>• Personal Responsibility</li><li>• Team Responsibility</li><li>• Warm-up / Cool down</li><li>• Protective Equipment</li></ul>   | <p><b>10.5 Concepts, Principles, &amp; Strategies of Movement</b></p> <ul style="list-style-type: none"><li>• Skill Components of physical activity and sport development 10.5 A, B</li><li>• Apply training principles to personal fitness program</li></ul>   |
| <p><b>10.4 Physical Activity</b></p> <ul style="list-style-type: none"><li>• Evaluate and engage in an individual activity plan that supports achievement of personal fitness 10.4 A</li><li>• Evaluate the effects of skill and health component 10.4 A, B, C</li><li>• Evaluate benefits</li></ul> | <p><b>10.2 Decision Making Skills</b></p> <ul style="list-style-type: none"><li>• Identify health care products and services</li><li>• Analyze the relationship between different choices</li><li>• Analyze media health and safety messages</li><li>• Making knowledgeable choices when it comes to consumer products and services</li></ul> |