

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

**10.3 Safety & Injury Prevention**

- Safety rules and regulations for physical activities 10.3 A,D

**10.4 Physical Activity**

- Benefits of pre and post testing along with goal setting
- Benefits of physical activities 10.4 B,D
- Analyze interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities 10.4 E
- Asses and use strategies for enhancing adult group interaction in physical activities 10.4 F

**10.5 Concepts, Principles, and Strategies of Movement**

- Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal and lifelong participation 10.5 A
- Analyze the application of game strategies for different categories of physical activities 10.5 F
- Rules, regulations, and strategies related to physical activities