

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

<b>10.3 Safety and Injury Prevention</b>
<ul style="list-style-type: none"><li>• Safety rules and regulations for physical activities 10.3 A D</li></ul>

<b>10.5 Concepts, Principles, and Strategies of Movement</b>
<ul style="list-style-type: none"><li>• Skill components of physical activities and sports development 10.5 A,B</li><li>• Apply Training principles to use heart rate monitors 10.5 D,E</li></ul>

<b>10.4 Physical Activity</b>
<ul style="list-style-type: none"><li>• Skill components of sports 10.4 E</li><li>• Cooperative games 10.4 F</li><li>• Function and use of heart rate monitors 10.4 A,B,C,D</li><li>• Affects of Cardio-respiratory, muscle endurance and flexibility on the body 10.4 A,B,C</li><li>• Benefits of Physical Activity 10.4 B,D</li><li>• Benefits of pre and post testing along with the use of goal setting 10.4 B,D,E</li><li>• Body composition/nutrition 10.4 C</li></ul>