

Glenwood Community School District PE/Health Curriculum

PE Mission Statement

It is the purpose of the Glenwood Community School District Physical Education Program to provide movement education for all students. The student will demonstrate social development, wellness skills and knowledge, movement, and fitness through varied activities. The student will be involved in activities that will enable them to meet their needs in these areas.

Health Mission Statement

The mission of the Glenwood Community School District is to enable students to build comprehensive health knowledge and skills in developmentally appropriate ways in grades K-12. The student will acquire, practice, and apply health skills in order to value and engage in lifelong healthy lifestyles. The student will: develop and integrate healthy habits; develop and apply health literacy; develop health management skills; and reduce risk behaviors.

A special thank you to the District PE/Health Curriculum Committee:

Adam Buthe Steve Sylvester Tucker Weber Mark Starner

Bryan Diekmann Curt Schulte Diane Drummond Jeff Yoachim

Amanda Crouch Emily Kromminga

Glenwood Elementary School
Kindergarten Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will demonstrate the basics of locomotor movements (such as walking, running, galloping) and non-locomotor movements (such as tossing).
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Course Outcomes	Course Components	Description	Iowa Core
PE.K.01	The student will demonstrate developmentally appropriate locomotor and non-locomotor skills, movement experiences, and body mechanics to perform a variety of physical activities.		
	PE.K.01.01	Demonstrate developmentally appropriate ball skills, including catching a self-tossed object and kicking a stationary ball.	
	PE.K.01.02	Demonstrate the ability to balance on one foot.	
	PE.K.01.03	Walk, run, and gallop using mature form.	
PE.K.02	The student will demonstrate movement concepts, principles, strategies, and tactics as they apply to the performance of physical activities.		
	PE.K.02.01	Participate appropriately in a warm-up that prepares the body for activity.	
	PE.K.02.02	Demonstrate an understanding of levels (high, low, etc.).	
	PE.K.02.03	Correctly identify body parts (foot, palm, hand.)	
PE.K.03	The student will achieve and maintain a developmentally appropriate health-enhancing level of physical fitness.		
	PE.K.03.01	Demonstrate developmentally appropriate technique for select exercises (jumping jacks, crunches, lower body stretches).	
	PE.K.03.02	Demonstrate developmentally appropriate fitness levels in the areas of cardiovascular endurance, muscular endurance, agility, and flexibility.	
PE.K.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.K.04.01	Cooperate with all class members by taking turns and sharing equipment.	
	PE.K.04.02	Actively participate in group and individual physical activities.	
	PE.K.04.03	Safely move through group and individual space.	

Glenwood Elementary School
1st Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will demonstrate locomotor (jumping) and non-locomotor (throwing) skills.

Course Outcomes	Outcome Components	Description	Iowa Core
PE.1.01	The student will demonstrate developmentally appropriate locomotor and non-locomotor skills, movement experiences, and body mechanics to perform a variety of physical activities.		
	PE.1.01.01	Demonstrate developmentally appropriate ball skills such as throwing with the opposite foot forward, kicking a stationary object toward a target, and bouncing and catching a ball.	
	PE.1.01.02	Demonstrate the ability to differentiate between left and right.	
	PE.1.01.03	Jump off two feet and land on two feet while maintaining balance.	
PE.1.02	The student will demonstrate movement concepts, principles, strategies, and tactics as they apply to the performance of physical activities.		
	PE.1.02.01	Participate appropriately in a warm-up that prepares the body for activity.	
	PE.1.02.02	Demonstrate change of speed (slow and fast movements).	
	PE.1.02.03	Demonstrate change in pattern (curved, straight, zigzag).	
PE.1.03	The student will achieve and maintain developmentally appropriate health-enhancing level of physical fitness.		
	PE.1.03.01	Demonstrate developmentally appropriate technique for select exercises (jumping jacks, crunches, lower body stretches).	
	PE.1.03.02	Demonstrate developmentally appropriate fitness levels in cardiovascular endurance, muscular endurance, agility, and flexibility.	
PE.1.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.1.04.01	Cooperate with class members by taking turns, sharing equipment and helping others that may not understand.	
	PE.1.04.02	Actively participate in all individual and group activities and follow the rules.	
	PE.1.04.03	Safely move through group and individual space.	
	PE.1.04.04	Safely put on a life jacket and adjust. Identify two appropriate swimming rules.	
	PE.1.04.05	Identify proper bicycle helmets. Identify two rules for walking in heavy traffic areas.	
	PE.1.04.06	Demonstrate proper use of seat belt and sitting position in a vehicle to include automobile and school bus.	

Glenwood Elementary Schools
2nd Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will apply locomotor and non-locomotor skills to various activities.

Course Outcome	Outcome Component	Description	Iowa Core
PE.2.01	The student will demonstrate developmentally appropriate locomotor and non-locomotor skills, movement experiences, and body mechanics to perform a variety of physical activities.		
	PE.2.01.01	Demonstrate developmentally appropriate ball skills such as throwing to a target with a follow through, kicking a stationary object toward a target, and dribble a ball with hands and feet.	
	PE.2.01.02	Demonstrate a skip (step, hop.)	
PE.2.02	The student will demonstrate movement concepts, principles, strategies, and tactics as they apply to the performance of physical activities.		
	PE.2.02.01	Participate appropriately in a warm-up that prepares the body for activity.	
	PE.2.02.02	Move right and left on command.	
	PE.2.02.03	Participate in simple games and relays.	
PE.2.03	The student will achieve and maintain developmentally appropriate health-enhancing level of physical fitness.		
	PE.2.03.01	Demonstrate developmentally appropriate technique for select exercises (jumping jacks, crunches, lower body stretches).	
	PE.2.03.02	Demonstrate developmentally appropriate fitness levels in cardiovascular endurance, muscular endurance, agility, and flexibility.	
PE.2.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.2.04.01	Cooperate with all class members by following the rules.	
	PE.2.04.02	Actively participate in all activities working independently, in a group or partner situation.	
	PE.2.04.03	Safely move through group and individual space.	
	PE.2.04.04	Identify healthy behaviors to avoid or reduce health risks to self and others as it relates to water safety.	
	PE.2.04.05	Safely put on a life jacket and adjust. Identify two appropriate swimming rules.	
	PE.2.04.06	Identify two safety rules for riding a bike and identify two safety rules for walking to school.	
	PE.2.04.07	Demonstrate proper use of seat belt and sitting position in a vehicle to include automobile and school bus.	

Glenwood Elementary School
3rd Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will demonstrate basic locomotor, non-locomotor skills (striking, throwing, catching, kicking).

Course Outcomes	Outcome Components	Description	Iowa Core
PE.3.01	The student will demonstrate developmentally appropriate locomotor and Non-locomotor skills, movement experiences, and body mechanics to perform a variety of physical activities.		
	PE.3.01.01	Demonstrate developmentally appropriate form in ball skills, such as throwing to a partner, catching from a partner, and kicking between partners.	
	PE.3.01.02	Balance on three different body parts at two different levels.	
	PE.3.01.03	Catch and throw a ball (in multiple sports or game situations).	
	PE.3.01.04	Move with implements in a general space, changing direction at different speeds.	
	PE.3.01.05	Travel using locomotor movements (skip, hop, and leap).	
	PE.3.01.06	Demonstrate stunts in tumbling.	
PE.3.02	The student will demonstrate developmentally appropriate movement concepts, principles, strategies, and tactics as they apply to the performance of physical activities.		
	PE.3.02.01	Demonstrate movement skills at three different physical levels (high, medium, and low).	
	PE.3.02.02	Identify movement functions of body parts (foot, knee, arm, hand and fingers) for specific results.	
	PE.3.02.03	Demonstrate three movement patterns (shapes).	
PE.3.03	The student will achieve and maintain developmentally appropriate health- enhancing levels of physical fitness.		
	PE.3.03.01	Monitor his/her physical fitness level at his/her developmental level.	
	PE.3.03.02	Monitor heart rate before and after exercise.	
PE.3.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.3.04.01	Actively participate in group and individual physical activities.	
	PE.3.04.02	Exhibit positive interaction with peers who display physical activity challenges.	
	PE.3.04.03	Cooperate with all class members by taking turns and sharing equipment.	
	PE.3.04.04	Identify unsafe boating actions. Identify why we wear a life jacket.	
	PE.3.04.05	Follow directions of crossing guard.	

Glenwood Elementary School
4th Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will demonstrate locomotor and non-locomotor skills in leisure activities.

Course Outcomes	Outcome Components	Description	Iowa Core
PE.4.01	The student will demonstrate, age level appropriate locomotor and Non-locomotor skills and movement pattern to perform a variety of physical activities.		
	PE.4.01.01	Demonstrate ball skills, such as throwing, catching and kicking in at least four sports/games.	
	PE.4.01.02	Volley with a partner using overhand and underhand movements.	
	PE.4.01.03	Balance on three different body parts, at three different levels.	
	PE.4.01.04	Manipulate a ball using both long-handled/short handled implement.	
PE.4.02	The student will demonstrate age appropriate movement concepts, principles, strategies, and tactics, as they apply to the performance of physical activity.		
	PE.4.02.01	Identifies movement functions of five body parts (knee, foot, arm, palm, and fingers).	
	PE.4.02.02	Kick and control a ball using either foot while changing directions, speed, and pathway.	
	PE.4.02.03	Correctly demonstrate three movement patterns (shapes) in a game/activity context.	
	PE.4.02.04	Demonstrate a one-handed throw and two-handed catch above and below the waist.	
PE.4.03	The student will achieve and maintain an age appropriate health-enhancing level of physical fitness.		
	PE.4.03.01	Describes how heart rate is used to monitor exercise intensity.	
	PE.4.03.02	Actively participate in a variety of activities to enhance the development of muscle strength, muscle endurance, cardio-respiratory fitness, and flexibility.	
PE.4.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.4.04.01	Demonstrate sportsmanship during physical activities.	
	PE.4.04.02	Interact positively during group activities.	
	PE.4.04.03	Identify safe swimming areas and pool rules and describe the differences in swimming between pool, lake and river.	

Glenwood Elementary School
5th Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will apply game related skills to various activities.
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Course Outcomes	Outcome Components	Description	Iowa Core
PE.5.01	The student will demonstrate, age appropriate locomotor and non-locomotor skills and movement patterns to perform a variety of physical activities.		
	PE.5.01.01	Perform a combination of locomotor movements, incorporating a variety of speeds, in relationship to objects or others (ex. dodging or faking to escape or deceive an opponent.)	
	PE.5.01.02	Manipulate objects using skills necessary to participate in lead-up games/activities.	
	PE.5.01.03	Perform rhythmic skills alone and with a partner.	
	PE.5.01.04	Apply spatial awareness, body awareness, and transfer of weight to lead-up games/activities and dance.	
PE.5.02	The student will demonstrate age appropriate movement concepts, principles, strategies and tactics as they apply to the performance of physical activities.		
	PE.5.02.01	Participate in a variety of activities that maintain continuous aerobic activity for a specified period of time in order to improve endurance.	
	PE.5.02.02	Demonstrate a variety of activities that develop and maintain flexibility.	
	PE.5.02.03	Demonstrate a variety of activities that develop and maintain muscle strength.	
	PE.5.02.04	Design a new game incorporating at least two motor skills, rules and strategies.	
PE.5.03	The student will achieve and maintain an age appropriate health-enhancing level of physical fitness.		
	PE.5.03.01	Maintain a physical activity log for a two to three day period.	
	PE.5.03.02	Utilize fitness tests to identify personal physical strengths and areas for improvement.	
PE.5.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.5.04.01.	Demonstrate cooperation and sportsmanship in lead-up games/activities.	
	PE.5.04.02	Apply and follow rules and etiquette while participating in individual and lead-up games/activities.	
	PE.5.04.03	Identify safe swimming areas (differentiate between pool, lake and river).	
	PE.5.04.04	Demonstrate proper use of seat belt and sitting position in a vehicle to include automobile and school bus.	

Glenwood Community Middle School
6th Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will compile and assess data of their individual performances in fitness testing; and demonstrate teamwork utilizing physical and social skills in a variety of team and leisure activities.

Course Outcomes	Outcome Components	Description	Iowa Core
PE.6.01	The student will demonstrate age appropriate locomotor and non-locomotor skills and movement patterns to perform a variety of physical activities.		
	PE.6.01.01	Perform a sequence of locomotor skills (walk, run, skip, jump, etc.) through a variety of physical activities.	
	PE.6.01.02	Perform a variety of non-locomotor skills (stretch, balance, pivot, turn etc.).	
	PE.6.01.03	Apply movement patterns to age appropriate games and activities without an implement.	
	PE.6.01.04	Perform age appropriate manipulative skills (throwing, catching, kicking, passing and striking) individually and in a variety of activities and sports.	
PE.6.02	The student will demonstrate age appropriate movement concepts, principles and tactics as they applied to the performance of physical activities.		
	PE.6.02.01	Detect and correct errors in personal performance when throwing, catching, kicking, striking in various sports/game activities.	
	PE.6.02.02	Compare and contrast body positions when participating in multiple sports/activities.	
	PE.6.02.03	Actively participate in practice procedures to enhance skills and movement patterns in a variety of sports/activities.	
PE.6.03	The student will achieve and maintain an age appropriate health-enhancing level of physical activity and fitness.		
	PE.6.03.01	Participate in physical activities to enhance fitness levels.	
	PE.6.03.02	Evaluate current levels of personal physical fitness muscular strength, endurance, flexibility and aerobic capacity.	
	PE.6.03.03	Improve in at least two of the age and gender specific health-related fitness standards defined by the Presidential Youth Fitness Standards.	
	PE.6.03.04	Reevaluate levels of personal physical fitness and set goals for specific events including leisure and lifetime activities.	
PE.6.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.6.04.01	Participate within the rules of the game or activity.	
	PE.6.04.02	Demonstrate concern for safety of self and others during games and activities.	
	PE.6.04.03	Demonstrate appropriate sportsmanship skills in all activities.	
	PE.6.04.04	Resolve interpersonal conflicts with sensitivity to the rights and feelings of others during games and activities.	
	PE.6.04.05	Identify healthy behaviors to avoid or reduce health risks to self and others as it relates to traffic safety.	
	PE.6.04.06	Identify healthy behaviors to avoid or reduce health risks to self and others as it relates to water safety.	

Glenwood Community Middle School
7th and 8th Grade Physical Education Curriculum
Date Approved – July 2016

Course Purpose: The student will assess their individual fitness level from test results, and set goals to maintain or improve performance. Through participation in team and lifetime sports, students will develop appropriate social skills that relate to the activities.

Course Outcomes	Outcome Components	Description	Iowa Core
PE.7-8.01	The student will demonstrate age appropriate locomotor and non-locomotor skills and movement patterns to perform physical activities.		
	PE.7-8.01.01	Perform basic locomotor skills (walking, jogging, running, skipping, back pedaling, stopping and starting) through warm- ups, fitness testing, and physical activities.	
	PE.7-8.01.02	Perform basic non-locomotor skills (stretch, balance, pivot, turn, etc.) through warm-ups, fitness testing, and physical activities.	
	PE.7-8.01.03	Combine locomotor and non-locomotor skills in sports activities including: tumbling and gymnastics.	
	PE.7-8.01.04	Perform age appropriate manipulative skills (throwing, catching, kicking, passing, and striking) individually and in a variety of activities and sports.	
PE.7-8.02	The student will demonstrate age appropriate movement concepts, principles, strategies, and tactics as they apply to the performance of physical activities.		
	PE.7-8.02.01	Follow the rules in competitive and noncompetitive games.	
	PE.7-8.02.02	Demonstrate teamwork in various competitive and noncompetitive games.	
	PE.7-8.02.03	Demonstrate respect for self and others while learning how to compete within the roles of various competitive games and life-long leisure activities.	
	PE.7-8.02.04	Demonstrate knowledge of different ways rhythms and dance can be used to supplement a healthy lifestyle.	
PE.7-8.03	The student will achieve and maintain an age appropriate health-enhancing level of physical activity and fitness.		
	PE.7-8.03.01	Perform components of a variety of fitness test (Presidential Physical Fitness Test, Pacer Test, and six minute run) and compare the results of previous tests.	
	PE.7-8.03.02	Use test results to set personal goals for fitness improvement by comparing to the test norms given by age and gender.	
	PE.7-8.03.03	Participate in various locomotor and non-locomotor activities that increase their individual physical fitness.	
	PE.7-8.03.04	Improve in at least two of the age and gender specific health-related fitness standards defined by the Presidential Youth Fitness Standards (including leisure and lifetime activities).	
PE.7-8.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity setting.		
	PE.7-8.04.01	List benefits of being physically, mentally fit.	
	PE.7-8.04.02	Self-govern and follow the rules while participating in competitive and noncompetitive games.	
	PE.7-8.04.03	Demonstrate a tolerance for others abilities and competitiveness.	
	PE.7-8.04.04	Demonstrate healthy behaviors to avoid or reduce health risks to self and others as it relates to water safety.	

Glenwood Community High School
9th – 12th Grade Physical Education Curriculum
Approved Date – July 2016

Course Purpose: The student will evaluate their current levels of fitness to determine strengths and weaknesses, and they will participate in individual and team leisure activities.

Course Outcomes	Outcome Components	Description	Iowa Core
PE.HS.01	The student will demonstrate age appropriate locomotor and Non-locomotor skills and movement patterns to perform a variety of physical activities.		
	PE.HS.01.01	Demonstrate appropriate physical skills (ball skills and other apparatus skills) as they apply to adult fitness activities and games.	
	PE.HS.01.02	Demonstrate adult form in movement skills appropriate for lifelong team sports.	
	PE.HS.01.03	Utilize age appropriate movement skills in adult lifelong individual activities.	
	PE.HS.01.04	Demonstrate knowledge of water safety procedures and protocol.	
PE.HS.02	The student will demonstrate movement concepts, principles, strategies, and tactics as they apply to the performance of physical activities.		
	PE.HS.02.01	Identify and demonstrate psychological and physiological factors and concepts that govern successful movement performance (i.e. concentration, posture, follow through).	
	PE.HS.02.02	Develop an appropriate conditioning/training program for a self-selected game/activity/sport for life long engagement.	
	PE.HS.02.03	Successfully apply movement patterns and strategies to adult games and sports.	
	PE.HS.02.04	Demonstrate knowledge of different ways rhythms and dance can be used to supplement a healthy lifestyle.	
	PE.HS.02.05	Demonstrate age-appropriate tumbling and gymnastic skills.	
PE.HS.03	The student will achieve and maintain an age appropriate health-enhancing level of physical fitness.		
	PE.HS.03.01	Identify and maintain appropriate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition necessary for a healthy and productive life.	
	PE.HS.03.02	Demonstrate the ability to monitor and adjust a personal fitness program to meet needs and goals.	
	PE.HS.03.03	Set and achieve personal fitness goals after a period of training.	
PE.HS.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	PE.HS.04.01	Acknowledge and reinforce the strong performance of another team regardless of the outcome of the contest.	
	PE.HS.04.02	Demonstrate/explain conflict diffusion strategies during competition.	
	PE.HS.04.03	Demonstrate the ability to self-govern.	

Glenwood Community Middle/High School
7th – 12th Grade Physical Education Weights Curriculum
Approved Date – July 2016

Course Purpose: The student will evaluate their current levels of fitness to determine strengths and weaknesses, and they will participate in a structured, total body, strength training program centered around improving athletic performance.

Course Outcomes	Outcome Components	Description	Iowa Core
WT.HS.01	The student will demonstrate age appropriate locomotor skills and non-locomotor skills and movement patterns to perform a variety of physical activities related to strength and power training.		
	WT.HS.01.01	Demonstrate appropriate technique and movement patterns as they apply to the various exercises.	
	WT.HS.01.02	Demonstrate appropriate technique and movement patterns while completing the warm up and agility exercises.	
	WT.HS.01.03	Utilize safe and efficient spotting techniques as they apply to the exercises in class.	
WT.HS.02	The student will analyze and critique personal performance and fitness levels pertaining to their strength, power, and performance.		
	WT.HS.02.01	Observe and analyze the techniques of self or others while lifting.	
	WT.HS.02.02	Assess current fitness levels to find strengths and weaknesses, and use goal setting to progress performance and fitness levels.	
	WT.HS.02.03	Evaluate your progress and determine factors that are helping or hindering progress.	
WT.HS.03	The student will achieve and maintain an age appropriate health-enhancing level of physical fitness.		
	WT.HS.03.01	Identify and achieve, or improve toward, appropriate levels of cardiorespiratory endurance necessary for a healthy and productive life.	
	WT.HS.03.02	Identify and achieve, or improve toward, appropriate levels of muscular strength necessary for a healthy and productive life.	
	WT.HS.03.03	Identify and achieve, or improve toward, appropriate levels of flexibility and body composition necessary for a healthy and productive life.	
	WT.HS.03.04	Students will perform components of a variety of fitness tests throughout the year and compare the results from one test to another.	
WT.HS.04	The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.		
	WT.HS.04.01	Demonstrate the ability to self-govern and follow the prescribed workout program.	
	WT.HS.04.02	Work with partner and the rest of the class to safely follow the prescribed workout program.	
	WT.HS.04.03	Demonstrate tolerance for all students, regardless of their current levels of fitness.	

Glenwood Community Middle School
7th Grade Health Education Skills for Adolescence Curriculum
Approved Date – July 2016

Course Title: Skills for Adolescence (focus areas: body image, nutrition, fitness, substance abuse, media influences, smart goal/action plan)

Course Purpose: The student will identify and evaluate influences on the development of body image. The student will analyze and evaluate information on nutrition, fitness, and alternatives to substance abuse to create goals and establish plans to make healthy life choices.

Course Outcomes	Outcome Components	Description	Iowa Core
He.7.01	The student will employ media literacy skills to analyze media and other influences to effectively manage personal health situations.		
	He.7.01.01	Determine reliability, accuracy, dependability of health information sources.	
	He.7.01.02	Evaluate how information influences health choices.	
	He.7.01.03	Demonstrate appropriate responses to negative and positive health influences.	
He.7.02	The student will demonstrate functional health literacy skills to obtain, interpret, and use basic health concepts to enhance personal health.		
	He.7.02.01	Assess current health behaviors.	
	He.7.02.02	Research and develop healthy personal choices to promote health maintenance and disease prevention.	
	He.7.02.03	Research and develop preventative physical and mental health measures, including proper diet nutrition, exercise, risk avoidance (substance abuse), and stress reduction.	
	He.7.02.04	Implement a plan reflecting healthy food choices.	
	He.7.02.05	Evaluate the impact of personal health behaviors on the functioning of the body.	
He.7.03	The student will apply critical health literacy skills and demonstrate behaviors that foster healthy, active lifestyles for individuals.		
	He.7.03.01	Collect data on physical activity baseline.	
	He.7.03.02	Analyze data to create SMART goal to improve physical activity.	
	He.7.03.03	Identify, research, and implement in an Action Plan, activities to improve cardiovascular and muscular strength and endurance, flexibility, and body composition.	
	He.7.03.04	Monitor short term goals for physical health.	
	He.7.03.05	Analyze the effectiveness of health-related decisions on enhancing personal health.	
He.7.04	The student will utilize interactive literacy and social skills to advocate for personal, family, and community health goals.		
	He.7.04.01	Research and collect data on an approved topic.	
	He.7.04.02	Develop a health message to meet the health needs of a target audience.	
	He.7.04.03	Articulate effective communication methods to accurately express health information and ideas.	

Glenwood Community Middle School
8th Grade Health Education Skills for Adolescence Curriculum
Approved Date – August 2021

Course ID: HE	Course Purpose: The student will analyze information and evaluate decisions to meet their needs under the six dimensions of wellness [physical, emotional, spiritual, intellectual, environmental, and social].
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Course Outcomes	Outcome Components	Description	National Health Education Standards
HE 8.01	The student will explain dimensions of wellness [physical, emotional, spiritual, intellectual, environmental, and social].		2, 3, 7
	HE 8.01.01	Identify characteristics related to dimensions of wellness.	
	HE 8.01.02	Describe the relationship between wellness dimensions.	
	HE 8.01.03	Compare and contrast the dimensions of wellness.	
HE 8.02	The student will explain the factors that impact physical health.		1, 3, 7
	HE 8.02.01	Identify the factors of physical health [i.e. - exercise, nutrition, sexual health, diseases]	
	HE 8.02.02	Describe the human sexual reproduction process.	
	HE 8.02.03	Determine the characteristics of common diseases [heart disease, cancer, sexually transmitted infections, drugs/alcohol].	
	HE 8.02.04	Determine the effects of drugs and alcohol on your physical health.	
HE 8.03	The student will explain factors that impact social/emotional/mental health.		1, 3, 4, 7, 8
	HE 8.03.01	Identify factors of social / emotional / mental health [i.e. - relationships, self-esteem, mental illness, environment, stress, life events].	
	HE 8.03.02	Determine the characteristics of mental illnesses.	
	HE 8.03.03	Identify appropriate stress management techniques for given situations.	
	HE 8.03.04	Recognize characteristics of high and low self-esteem.	
HE 8.04	The student will evaluate an individual's health by assessing the dimensions of wellness.		1, 2, 3, 5, 6, 7, 8
	HE 8.04.01	Evaluate healthy and unhealthy characteristics of individuals.	
	HE 8.04.02	Determine deficiencies in an individual's wellness.	
	HE 8.04.03	Outline a goal to improve an individual's wellness.	

Glenwood Community High School
9th Grade Health 1 Curriculum
Approved Date – July 2016

Course Purpose: To help the student acquire an understanding of health concepts and skills and apply them in making healthy decisions to improve, sustain, and promote personal, family, and community health for a lifetime.

Course Outcomes	Outcome Components	Description	Iowa Core
H1.1	The student will use consumer-health skills to evaluate factors that affect personal health.		
	H1.1.1	Define specific health risk behaviors (hygiene, safety, nutrition).	
	H1.1.2	Identify behaviors that promote health and wellness (including intellectual and spiritual, and social).	
	H1.1.3	Establish personal health goals and a plan for achieving those goals.	
	H1.1.4	Evaluate available health products and claims for reliability/authenticity.	
H1.2	The student will evaluate factors that affect mental and emotional health.		
	H1.2.1	List factors that affect self-esteem, personal identity, and character.	
	H1.2.2	Identify ways to express emotion in healthful ways.	
	H1.2.3	Identify how stress is developed and how to manage stress in a healthy manner.	
	H1.2.4	Identify ways to cope with loss, grief, anxiety, and depression.	
	H1.2.5	List resources for managing mental disorders and suicidal thoughts.	
	H1.2.6	Evaluate various scenarios to predict potential health effects and propose methods to prevent ill effects.	
H1.3	The student will explain the importance of nutrition and physical activity in relationship to lifelong nutrition habits.		
	H1.3.1	Describe a nutritional diet, basic nutrients, and healthy food guidelines.	
	H1.3.2	Read food and nutrition labels related to food safety.	
	H1.3.3	Describe body image and eating disorders and their relationship to maintaining a healthy weight.	
	H1.3.4	Develop a personal program that improves overall fitness and minimizes exercise related injuries.	
H1.4	The student will characterize proper use of medicines and illegal use of drugs, alcohol, and tobacco.		
	H1.4.1	Describe the roles of medicines and how to use medicines safely.	
	H1.4.2	Evaluate the health risks of tobacco use, and the importance of living smoke and tobacco free.	
	H1.4.3	Evaluate the health risks and the impact of drug and alcohol abuse as they relate to the importance of living drug and alcohol free.	
H1.5	The student will compare various diseases and disorders (communicable, non-communicable, and sexually transmitted diseases).		
	H1.5.1	Describe communicable and non-communicable diseases, and how to prevent and treat them.	

	H1.5.2	Describe sexually transmitted diseases, HIV, and AIDS, and how to prevent and treat them.	
	H1.5.2	Characterize different physical and mental challenges.	

Glenwood Community High School
9th -12th Grade Health 2 Curriculum
Approved Date – July 2016

Course Purpose: To help the student acquire an understanding of health concepts and skills and apply them in making healthy decisions to improve, sustain, and promote personal, family, and community health for a lifetime.

Course Outcomes	Outcome Components	Description	Iowa Core
H2.1	The student will characterize healthy and safe relationships.		
	H2.1.1	Describe the foundations of a healthy relationship and the role of respect and communication.	
	H2.1.2	List methods of strengthening family and personal relationships.	
	H2.1.3	Relate peer pressure and refusal skills to abstinence.	
	H2.1.4	Describe violence and how to prevent and overcome abuse.	
H2.2	The student will describe personal care related to the maintenance of healthy body systems.		
	H2.2.1	Describe healthy skin, hair, nails, teeth, mouth, eyes, and ears, and their importance.	
	H2.2.2	Describe the skeletal, muscular, nervous, cardiovascular, and lymphatic systems in terms of structure, function, and healthy status.	
	H2.2.3	Describe the respiratory, digestive, excretory, reproductive, and endocrine systems in terms of structure, function, and healthy status.	
H2.3	The student will analyze the personal growth and development process to determine benchmarks of healthy growth.		
	H2.3.1	Describe healthy prenatal development and care.	
	H2.3.2	Define heredity and genetics.	
	H2.3.3	Describe a healthy life cycle from birth through adulthood, including parenthood, marriage, adolescence, and childhood.	
H2.4	The student will evaluate various safety and environmental health practices or risks and determine appropriate actions.		
	H2.4.1	Describe personal safety, survival and protection at home, in your community, outdoors, and on the road.	
	H2.4.2	Demonstrate ability to apply first aid for shock, choking, and other common emergencies.	
	H2.4.3	Describe community and public health, and air quality and health.	
	H2.4.4	List ways to protect land and water.	