Physical Activity Skills That Can Be Taught in Health Education

Elementary Schools

- Describe the benefits of physical activity for a healthy heart.
- Relate how physical activity can be a healthful way of dealing with feelings of frustration or anger.
- Demonstrate ways to increase physical activity to strengthen muscles.
- Explain ways to be active every day.
- Analyze behaviors that are physically active and physically inactive.
- Summarize the recommended amount of physical activity for children.
- Describe the importance of choosing a variety of ways to be physically active.
- Identify short-term and long-term benefits of moderate and vigorous physical activity, such as improving cardio-vascular health, strength, endurance and flexibility.
- Describe that both eating habits and level of physical activity can affect a person’s weight.
- Identify basic safety precautions to help prevent injury during physical activity.
- Identify safety precautions for physical activities in different kinds of weather and climate.
- Describe the benefits of drinking water before, during and after physical activity.
- Develop a plan for drinking adequate amounts of water during physical activity.
- Demonstrate safe bicycle skills.
- Identify personal protection equipment needed for sports and recreational activities, such as helmets, pads and mouthpieces.
- Explain why physical activity should be fun.
- Describe how the family influences personal physical activity.
- Describe how the media influences physical activity.
- Identify the influence of culture on physical activity practices.
- Describe ways that technology can influence physical activity.
- Locate school and community people that can help locate healthy places and ways to be physically active.
- Make a decision to increase physical activity, list options, and chose one.
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- Set a personal health goal to increase physical activity and track progress toward its achievement.

**Middle School**

- Analyze the relationship between physical activity and personal health.
- Differentiate between physical activity, exercise, health-related fitness and skill-related fitness.
- Describe the interrelationships of emotional, intellectual, physical and social health when being physically active.
- Summarize how physical activity and eating habits can contribute to maintaining a healthy body weight.
- Explain that physical activity does not require the purchase of expensive equipment or gear.
- Analyze the short-term and long-term benefits of moderate and vigorous physical activity, such as improving cardiovascular health, strength, endurance, and flexibility and reducing the risks of chronic diseases.
- Discuss methods for avoiding and responding to climate-related physical conditions during physical activity.
- Describe ways to reduce or prevent injuries when being physically active.
- Describe the benefits and barriers to being physically active.
- Examine how family influences choices of physical activities.
- Discuss how personal and family values influence decisions about physical activity.
- Describe how peers influence physical activity choices.
- Analyze how the school and community can affect opportunities for physical activity.
- Analyze how media influences physical activity choices.
- Analyze how friends influence physical activity choices.
- Analyze the influence of technology on physical activity or physical inactivity.
- Discuss the influence of television, computers, and video games on physical activity behavior.
- Discuss the influence of the physical environment on a person’s interest in and ability to be physically active.
- Discuss how cultural traditions influence physical activity.
- Explain how school and public health policies can influence physical activity opportunities.
- Analyze the validity of information, products and services related to physical activity.
- Demonstrate the ability to access accurate sources of information about physical activity and fitness planning.
- Access valid information from home, school and community related to a variety of physical activities.
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- Locate valid and reliable products and services related to physical activity.
- Analyze the accuracy of claims of performance enhancing products and supplements.
- Locate sources that encourage youth participation in physical activity.
- Know safe practices for walking, bicycling and running in the neighborhood or city parks.
- Demonstrate interpersonal skills to help deal with negative peer influences on physical activity.
- Demonstrate effective negotiation skills to avoid sedentary leisure activities.
- Demonstrate refusal and negotiation skills to avoid or reduce health risks around unsafe physical activity practices.
- Determine when a health-related situation related to physical activity requires the application of a thoughtful decision-making process.
- Distinguish between healthy and unhealthy alternatives to issues or problems related to physical activities.
- Assess personal physical activity level.
- Set a goal to adopt, maintain or improve physical activity.
- Monitor progress in attaining a physical activity goal.
- Analyze barriers to being regularly physical active.
- Develop a plan for overcoming barriers to physical activity.
- Describe how personal health goals related to physical activity can vary with changing abilities, priorities and responsibilities.
- Explain the importance of assuming responsibility for personal physical activity.
- Demonstrate healthy practices and behaviors that will maintain or improve the fitness of self and others.
- Choose active over inactive behaviors.
- Demonstrate how to warm up and cool down in order to maximize the benefits of physical activity and minimize injury.
- Summarize positive outcomes for being physically active.
- State a health enhancing position on physical activity and support it with accurate information.
- Demonstrate how to influence and support others to maintain or increase physical activity.
- Work cooperatively to advocate for healthy and fit individuals and families.
- Advocate for adequate facilities and time to improve physical activity programs at school.
- Identify ways that physical activity health messages and communication techniques can be altered for different audiences.
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- Analyze precautions for physical activity in weather and climate conditions such as very high or low temperatures, wet or snowy play surfaces and direct sunlight.
- Demonstrate how to determine target heart rate.
- Demonstrate the proper way to use gear for physical activity.

High School

- Summarize how a person can incorporate daily moderate or vigorous physical activity without relying on a structured exercise plan.
- Evaluate the short-term and long-term benefits of moderate and vigorous physical activity, such as improving cardiovascular health, strength, endurance and flexibility and reducing the risks of chronic diseases.
- Analyze how an inactive lifestyle contributes to chronic disease.
- Describe effects of hydration and dehydration on physical performance.
- Compare and contrast various sports and physical activities in terms of health- and skill-related fitness.
- Predict how physical activity can affect health status.
- Analyze how the impact of physical activity can be affected by genetics and physical abilities.
- Analyze how public health policies and government regulations can influence opportunities for physical activity.
- Describe the usefulness of technology in measuring physical activity, performance and fitness, such as heart rate monitors and pedometers.
- Analyze the influence of television, computers and video games on physical activity behavior.
- Discuss how the physical environment might influence choices to be physically active.
- Analyze how advertising and marketing influence selection of physical activity products and services.
- Analyze how personal economics influence choices of physical activity.
- Compare and contrast various sources of information about physical activity.
- Analyze claims of performance-enhancing drugs and nutrition supplements on physical activity performance.
- Analyze positive outcomes for being physically active.
- Establish an appropriate goal to manage weight.
- Design a personal plan for increasing or maintaining physical activity at the recommended level and improving physical fitness.
- Make a commitment to be physically active.
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- Demonstrate the correct use of protective equipment during sports and physical activity.
- Advocate for increasing physical activity for youth at school.
- Advocate with family members to increase their physical activity.
- Advocate to community members for more opportunities to be physically active in the community.
- Support family and peers to manage weight in healthy ways.