

Goals*

The K-12 Health and Balanced Living curriculum addresses the following goals:

GOAL #1: Acquire self-knowledge and develop a healthy self-esteem and self discipline.

GOAL #2: Gain Health-related knowledge involving a comprehensive school Health Education core concepts, including nutrition.

GOAL #3: Develop decision-making skills.

GOAL #4: Develop communication skills, which foster cooperation and respect for others through effective interpersonal relationships.

GOAL #5: Recognize, practice and create a safe environment, along with proper safety skills and a variety of basic life saving skills.

GOAL #6: Understand human growth and development, the structure and function of the human body, and human sexuality. (In addition to health classes, coverage occurs in 8th grade science curriculum).

GOAL #7: Critically examine various ethnic backgrounds, religious beliefs and different personal life styles to foster respect for the uniqueness of others (In addition to health classes, coverage occurs in social studies curriculum).

GOAL #8: Understand the benefits of regular physical activity and enhance personal fitness.

GOAL #9: Develop competency in a variety of movement activities, dance forms and sport specific skills.

GOAL #10: Participate regularly in a planned, articulated program of physical activity.

GOAL #11: Develop self-confidence and interpersonal skills.

GOAL #12: Integrate health and physical education, whenever possible, with other subject areas.