Pennsylvania Health, Safety, & Physical Education

By the end of Grade 6

Adopted 2002

Concepts of Health

A. Stages of Growth and Development

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
education
socioeconomic 10.1.6.A

B. Interaction of Body Systems

B. Identify and describe the structure and function of the major body systems.
nervous
muscular
integumentary
urinary
endocrine
reproductive
immune 10.1.6.B

C. Nutrition

C. Analyze nutritional concepts that impact health.
caloric content of foods
relationship of food intake and physical activity (energy output)
nutrient requirements
label reading
healthful food selection 10.1.6.C

D. Alcohol, Tobacco and Chemical Substances

D. Explain factors that influence childhood and adolescent drug use.
peer influence
body image (e.g., steroids, enhancers)
social acceptance
stress
media influence
decision-making/refusal skills
rules, regulations and laws
consequences 10.1.6.D

E. Health Problems and Disease Prevention

E. Identify health problems that can occur throughout life and describe ways to prevent them. diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease)
preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active) 10.1.6.E

Healthful Living

A. Health Practices, Products and Services

A. Explain the relationship between personal health practices and individual well-being.
immunizations
health examinations 10.2.6.A

B. Health Information and Consumer Choices

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B. Explain the relationship between health-related information and consumer choices.
dietary guidelines/food selection
sun exposure guidelines/sunscreen selection 10.2.6.B

C. Health Information and the Media

C. Explain the media's effect on health and safety issues. 10.2.6.C

D. Decision-making Skills

D. Describe and apply the steps of a decision-making process to health and safety issues. 10.2.6.D

E. Health and the Environment

E. Analyze environmental factors that impact health.
indoor air quality (e.g., second-hand smoke, allergens)
chemicals, metals, gases (e.g., lead, radon, carbon monoxide)
radiation
natural disasters 10.2.6.E

Safety and Injury Prevention

A. Safe/Unsafe Practices

A. Explain and apply safe practices in the home, school and community.
emergencies (e.g., fire, natural disasters)
personal safety (e.g., home alone, latch key, harassment)
communication (e.g., telephone, Internet)
violence prevention (e.g., gangs, weapons) 10.3.6.A

B. Emergency Responses/Injury Management

B. Know and apply appropriate emergency responses.
basic first aid
Heimlich maneuver
universal precautions 10.3.6.B

C. Strategies to Avoid/Manage Conflict

C. Describe strategies to avoid or manage conflict and violence.
anger management
peer mediation
reflective listening
negotiation 10.3.6.C

D. Safe Practices in Physical Activity

D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.3.3.D

D. Analyze the role of individual responsibility for safety during physical activity. 10.3.6.D

Physical Activity

A. Physical Activities That Promote Health and Fitness

A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.A

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B. Effects of Regular Participation

B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.6.B

C. Responses of the Body Systems to Physical Activity

C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
heart rate monitoring
checking blood pressure
fitness assessment 10.4.6.C

D. Physical Activity Preferences

D. Describe factors that affect childhood physical activity preferences.
enjoyment
personal interest
social experience
opportunities to learn new activities
parental preference
environment 10.4.6.D

E. Physical Activity and Motor Skill Improvement

E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
success-oriented activities
school-community resources
variety of activities
time on task 10.4.6.E

F. Physical Activity and Group Interaction

F. Identify and describe positive and negative interactions of group members in physical activities.
leading
following
teamwork
etiquette
adherence to rules 10.4.6.F

Concepts, Principles and Strategies of Movement

A. Movement Skills and Concepts

A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills. 10.5.6.A

B. Motor Skill Development

B. Identify and apply the concepts of motor skill development to a variety of basic skills.
transfer between skills
selecting relevant cues types of feedback
movement efficiency
product (outcome/result) 10.5.6.B

C. Practice Strategies

C. Describe the relationship between practice and skill development. 10.5.6.C

D. Principles of Exercise/Training

D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.
cardio-respiratory endurance
muscular strength
muscular endurance
flexibility
body composition 10.5.6.D

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E. Scientific Principles That Affect Movement

E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.
Newton's Laws of Motion
application of force static/dynamic balance
levers
flight `10.5.6.E`

F. Game Strategies

F. Identify and apply game strategies to basic games and physical activities.
give and go
one on one
peer communication `10.5.6.F`