

# Health and Physical Education

## Key Requirements

The [Georgia Department of Education](#) Board Rule [160-4-2-.12 Comprehensive Health and Physical Education Program Plan](#) outlines that districts shall implement an accurate, comprehensive health and physical education program that shall include information and concepts in the following areas: alcohol and drug use; disease prevention; environmental health; nutrition; personal health; sex education/AIDS education; safety; mental health; growth and development; consumer health; community health; health careers; family living, motor skills; physical fitness; lifetime sports; outdoor education; and fitness assessment.

- K-5<sup>th</sup> Grade students are required to take physical education/health.
- 6<sup>th</sup> – 8<sup>th</sup> Grade students are encouraged to take physical education/health.
- 9<sup>th</sup> – 12<sup>th</sup> Grade students **MUST** pass the required courses of Personal Fitness and Health in order to graduate.
- All Georgia physical education students must participate in a Fitness Assessment.
- 1<sup>st</sup>-3<sup>rd</sup> Grade students must participate in the Body Mass Index (BMI) assessment portion of the [FitnessGram](#).
- All 4<sup>th</sup>-5<sup>th</sup> Grade students and 6<sup>th</sup> – 12<sup>th</sup> Grade students enrolled in any physical education course must participate in the full [FitnessGram](#) assessment that includes: PACER Test or One-Mile Run; Curl-Ups; Push-Ups; Back-Saver Sit and Reach; and Height/Weight measures (BMI) with results shared with parents.



HOUSTON COUNTY  
BOARD OF EDUCATION  
HIGH-ACHIEVING STUDENTS

## *How Physical Activity Can Promote Academic Achievement*



- ✓ The flow of oxygen to the brain is increased.
- ✓ The number of brain neurotransmitters is increased, which assists your ability to focus, concentrate, learn, remember and handle stress.
- ✓ The number of brain-derived neurotrophins is increased, which assures the survival of neurons in the areas of the brain that are responsible for learning, memory, and higher thinking.



# Health and Physical Education Grade Level Overview

## Kindergarten

### **Physical Education**

This course will introduce students to locomotor and non-locomotor skills. Students will explore manipulative skills using a variety of equipment (e.g., balls, scarves, and bean bags). Students will participate in basic physical fitness activities. Students will become familiarized with rules, safety, and etiquette as it applies to self and others within a physical education setting.

### **Health**

Kindergarten students will identify healthy behaviors.

## 1st Grade

### **Physical Education**

This course will include participating in locomotor skills (dance, game, or combination with non-locomotor skills) that demonstrate mature form in the hop, jump, and leap skills. Students will demonstrate the ability to move in a variety of pathways, in different directions, and at different levels in personal and general space. Several non-locomotor skills will be utilized in a sequence or in conjunction with locomotor or manipulative skills. Students will demonstrate the ability to direct manipulative objects toward an intended target.

### **Health**

First grade students will understand how healthy behaviors impact personal health and disease prevention.



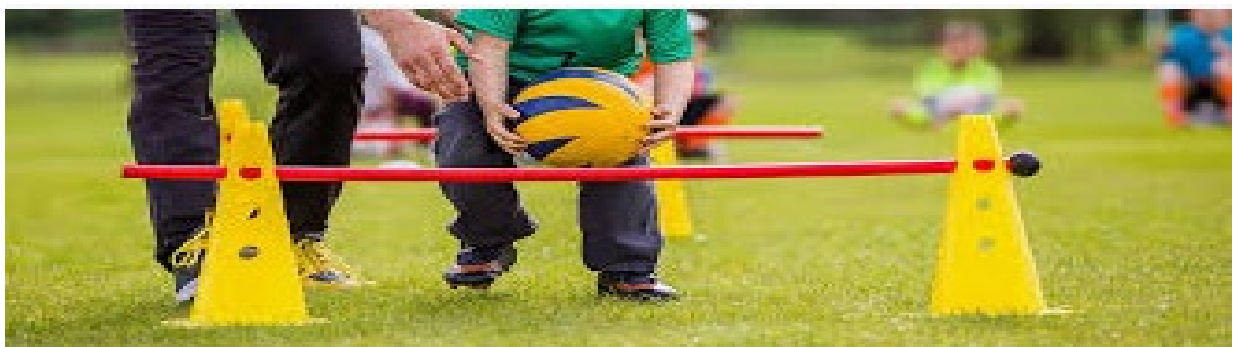
## 2nd Grade

### **Physical Education**

This course will involve students performing skipping, sliding, and galloping with a mature form while moving through personal and general space; students will demonstrate the ability to change directions on teacher command or adapt movement in relation to a partner and combine non-locomotor movements with manipulative and locomotor patterns in a variety of games and dances. Students will demonstrate the ability to: maintain momentary body control during balance and weight transfer; master underhand throwing patterns when performing manipulative skills; catch an object at a medium level of trajectory in a closed environment (not during game play); and use underhand striking skills.

### **Health**

Second grade students will identify concepts related to healthy behaviors and disease prevention.





### 3<sup>rd</sup> Grade

#### **Physical Education**

This course will involve students performing a variety of movement patterns within organized activities. Students will begin to demonstrate controlled manipulative skills. Emphasis will be placed on the value of health-related fitness activities and concepts; and students will recognize the importance of personal responsibility in relation to safe and appropriate participation.

#### **Health**

Third grade students will identify health-enhancing behaviors and describe behaviors related to disease and injury prevention.

### 4th Grade

**Physical Education** This course will involve the application of a variety of complex movement patterns within organized activities. Students will demonstrate mature manipulative skills and patterns. Health-related fitness activities and concepts will be reinforced and assessed. Students will demonstrate personal responsibility in relation to safe and appropriate participation.

#### **Health**

Fourth grade students will describe healthy behaviors to prevent or reduce their risk of injury and/or illness.



### 5th Grade

#### **Physical Education**

This course will extend the application of a variety of complex movement patterns within organized activities. Students will utilize mature manipulative skills and patterns in individual and group settings. Health-related fitness activities and concepts will be assessed and analyzed. Students will understand, accept, model, and apply personal responsibility in relation to safe and appropriate participation.

#### **Health**

Fifth grade students will describe healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan.



## 6th Grade

### **Physical Education**

Students perform motor skills that are combined and used in specific game and performance situations. Refine and vary skills learned in elementary years using them to participate in small-sided games, dance, or individual activities.

### **Health**

Sixth grade students will identify actions and behaviors to prevent injuries, diseases, and disorders.



## 8th Grade

### **Physical Education**

Students perform mature movement patterns and sequences that demonstrate the ability to use complex or specialized skills and tactics.

### **Health**

Eighth grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine the interrelationships of emotional, physical, social, and intellectual health, and how each aspect of health can be impacted by their surroundings.



## 7th Grade

### **Physical Education**

The seventh-grade student performs complex combinations of movement specific to game, sport, rhythms, and/or physical activity settings. Specialized skills are adapted to meet the requirements of increasingly complex strategies.

### **Health**

Seventh grade students will describe patterns of healthy behaviors to prevent or reduce their risk of injury and /or illness throughout their lifespan.



# High School

9<sup>th</sup> -12<sup>th</sup>

## Health and Physical Education

### Required Courses

#### **Personal Fitness**

Introduces instruction in methods to attain a healthy level of physical fitness; implements a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness.

#### **Health**

Explores the mental, physical and social aspects of life and how each contributes to total health and well-being. Emphasizes safety, nutrition, mental health, substance abuse prevention, disease prevention, environmental health, family life education, health careers, consumer health, and community health.

### Optional Courses

Additional physical education courses are offered in high school. These courses can include more specialized and advanced instruction in recreational games, lifetime sports, weight training, aerobic dance, rhythmic dance, physical conditioning, exercise and weight control, team sports, body sculpting, outdoor education, and other areas. Students may elect to take these additional courses.

