

# Wyoming Department of Education Required Virtual Education Course Syllabus

## BIG HORN COUNTY SCHOOL DISTRICT #1

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|--------------|---------------------------------|-----------------|---------------------|
| Program Name | WYCA                            | Content Area    | Physical Education  |
| Course ID    | CAPE74506                       | Grade Level     | 7                   |
| Course Name  | Health and Physical Education 7 | # of Credits    | 0.5                 |
| SCED Code    | NoCourseSCED                    | Curriculum Type | Connections Academy |

### COURSE DESCRIPTION

The Health and PE course will guide the student through material that will promote healthy, active lifestyles. Health topics include issues that are relevant to the age group, such as mental and emotional health, conflict resolution, and bullying. The student will also be immersed in the prevention and avoidance of drugs, alcohol, and tobacco. The student will receive the necessary strategies to help avoid the pitfalls of unhealthy and risky behaviors. The PE portion of the course will offer great freedom as the student will be able to choose a PE regimen that will fit the student's individual needs. The student will be given a choice of three paths that place emphasis on lifelong activities as well as current fitness trends. PE lessons are geared toward a "physically fit" lifestyle that will aid the student in the years to come and ensure a higher quality of life.

### WYOMING CONTENT AND PERFORMANCE STANDARDS

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| PE 8.1.1 | Students demonstrate movement skills and patterns in a variety of activities.   |
| PE 8.1.3 | Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities.              |
| PE 8.1.4 | Students apply tactical concepts and performance principles in modified team activities.  |
| PE 8.1.5 | Students apply tactical concepts and performance principles in individual, dual, or lifetime activities.                        |
| PE 8.1.6 | Students compare and contrast skills used for different movement patterns.  |
| PE 8.1.7 | Students analyze critical elements of specialized skills in a variety of activities.  |
| PE 8.1.8 | Students analyze the use of strategies and tactics in a variety of physical activities.   |
| PE 8.2.1 | Students create and monitor a personal plan using current levels of fitness and physical activity.                              |
| PE 8.2.2 | Students differentiate the health benefits associated with a variety of physical activities.                                    |
| PE 8.2.3 | Students apply the principles, components, and practices of health-related fitness to improve short-term fitness goals.         |
| PE 8.2.4 | Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school). |
| PE 8.3.1 | Students develop and apply appropriate rules, safe practices, and procedures in physical activity settings.                     |
| PE 8.3.2 | Students communicate effectively with others to promote respect and conflict resolution in physical activity settings.          |
| PE 8.3.3 | Students engage in challenging experiences that develop confidence and independence.  |
| PE 8.3.4 | Students engage in physical activities that promote self-expression and provide opportunities for social and group interaction. |

### SCOPE AND SEQUENCE

| UNIT OUTLINE  | STANDARD#  | OUTCOMES  |
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| <p><b>Unit 1: Understanding Health and Wellness</b><br/>In this unit, you will learn about the health triangle, and you will find out how to differentiate between overall health and wellness. You will also identify the factors that influence health and the basic but important skills that help you stay healthy.</p>   | PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4   | <ul style="list-style-type: none"> <li>Identify the parts of the health triangle and how the mind and body are connected</li> <li>Explain the difference between overall health and wellness and identify the ten basic skills that you need for maintaining good health</li> <li>Explain how your environment and risky behavior can affect your total health</li> </ul>   |
| <p><b>Unit 2: Food and Nutrition</b><br/>In this unit, you will learn about food and nutrition. You will learn about the nutrients required by the body to function properly, how to use the MyPlate plan to recognize different groups of foods, and how to choose foods for a healthy, balanced diet. Additionally, you will explore the concepts of body image and healthy weight and learn the benefits of maintaining a healthy weight.</p>  | PE 8.1.1, PE 8.1.3, PE 8.1.4, PE 8.1.5, PE 8.1.6, PE 8.1.7, PE 8.1.8, PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4 | <ul style="list-style-type: none"> <li>Identify the parts of the health triangle and how the mind and body are connected</li> <li>Explain the difference between overall health and wellness and identify the ten basic skills that you need for maintaining good health</li> <li>Explain how your environment and risky behavior can affect your total health</li> </ul>   |
| <p><b>Unit 3: Mental and Emotional Health</b><br/>In this unit, you will learn about personality, self-esteem, and emotions and how they affect your mental and emotional health. You will learn about the different types of stress and how stress affects your body. You will also learn different ways to manage or cope with stress. Finally, you will learn about mental and emotional disorders. You will learn to recognize signs of these disorders and understand causes of mental disorders.</p>  | PE 8.1.1, PE 8.1.3, PE 8.1.4, PE 8.1.5, PE 8.1.6, PE 8.1.7, PE 8.1.8, PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4 | <ul style="list-style-type: none"> <li>Explain what personality, self-esteem, and emotions are and the role they play in your mental and emotional health</li> <li>Define stress and identify types of stress in your life</li> <li>Describe the body's reaction to stress and identify ways to manage stress</li> <li>Identify mental disorders and recognize the warning signs of serious mental disorders</li> <li>Identify some causes of mental disorders</li> </ul>     |
| <p><b>Unit 4: Resolving Conflicts and Preventing Violence</b><br/>In this unit you will learn about the nature, causes, types, and signs of conflict. You will learn about negotiation and mediation, conflict resolution strategies, and how conflict can lead to violence. You will have the opportunity to develop skills to protect against violence. At the end of the unit you will explore different kinds of abuse and ways of seeking help if you are being abused.</p>  | PE 8.1.1, PE 8.1.3, PE 8.1.4, PE 8.1.5, PE 8.1.6, PE 8.1.7, PE 8.1.8, PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4 | <ul style="list-style-type: none"> <li>Identify causes of conflict and describe different types of conflict</li> <li>Recognize signs of conflict and identify how conflict can lead to violence</li> <li>Demonstrate conflict resolution skills</li> <li>Identify causes of violence and develop skills to protect against violence</li> <li>Define abuse and identify warning signs of abuse</li> </ul>  |
| <p><b>Unit 5: Tobacco</b><br/>In this unit you will learn about tobacco—the chemicals it contains and the dangerous effects it has on your body. You will learn how the respiratory system functions and how smoking can damage your respiratory system. You will also learn ways to say no to tobacco, quit smoking if you are addicted, and about the rights of nonsmokers.</p> <p>In the Physical Education portion of the lesson, depending on your plan for this course, you will be able to choose one of the following physical activities: Connections Academy Fitness,</p> | PE 8.1.1, PE 8.1.3, PE 8.1.4, PE 8.1.5, PE 8.1.6, PE 8.1.7, PE 8.1.8, PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4 | <ul style="list-style-type: none"> <li>Identify the harmful ingredients in tobacco and explain how tobacco affects the body</li> <li>Give reasons why teens use tobacco and describe nicotine addiction</li> <li>List reasons why it is good to be tobacco free and learn skills to avoid tobacco</li> <li>Identify organs of the respiratory system and list the functions of the respiratory system</li> <li>Explain how to keep your respiratory system healthy</li> </ul> |

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| <p><b>Unit 6: Alcohol</b><br/> In this unit, you will learn about alcohol and the dangerous effects it has. You will be able to identify the parts of the nervous system and learn how to keep it healthy. You will develop refusal skills and learn why teens use alcohol. You will find out what to do if you or someone you know needs help with alcohol addiction.</p> | PE 8.1.1, PE 8.1.3, PE 8.1.4, PE 8.1.5, PE 8.1.6, PE 8.1.7, PE 8.1.8, PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4   | <ul style="list-style-type: none"> <li>• Explain the short-term and long-term risks of using alcohol</li> <li>• Identify parts of the nervous system and explain how to keep your nervous system</li> <li>• Identify influences on teen alcohol use and learn refusal skills</li> <li>• Learn how alcohol addiction is treated</li> </ul>   |
| <p><b>Unit 7: Drugs</b><br/> In this unit, you will learn about legal and illegal drugs and their effects on your body. You will learn about the risks of drug abuse, look at treatment options for people who abuse drugs, and learn steps you can take to stay drug free.</p>  | PE 8.1.1, PE 8.1.3, PE 8.1.4, PE 8.1.5, PE 8.1.6, PE 8.1.7, PE 8.1.8, PE 8.2.1, PE 8.2.2, PE 8.2.3, PE 8.2.4, , PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4 | <ul style="list-style-type: none"> <li>• Define drug abuse and understand the difference between appropriate use and misuse of drugs</li> <li>• Identify the effects of depressants, stimulants, and hallucinogens on the body</li> <li>• Describe the risks of drug abuse</li> <li>• Describe treatment options for people who abuse drugs</li> <li>• Identify steps you can take to stay drug free</li> </ul> |