

Wyoming Department of Education Required Virtual Education Course Syllabus

BIG HORN COUNTY SCHOOL DISTRICT #1

Program Name	WYCA	Content Area	Physical Education
Course ID	CAPE74519	Grade Level	8
Course Name	Health and Physical Education 8	# of Credits	0.5
SCED Code	NoCourseSCED	Curriculum Type	Connections Academy

COURSE DESCRIPTION

The Health and PE course will introduce the student to vital health concepts and reinforce health skills that promote healthy behaviors. The student will learn the functions and structures of various body systems as well as the care and prevention of disease to these systems. The student will learn about communicable diseases and how to prevent the spread of such diseases. The student will also be able to demonstrate the importance of proper nutrition by planning and analyzing meals and nutritional values. Proper actions in emergencies and safety procedures will also be included. 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

PE 8.1.1	Students demonstrate movement skills and patterns in a variety of activities.
PE 8.1.2	Students demonstrate critical elements of specialized manipulative skills in modified team activities.
PE 8.1.3	Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities.
PE 8.1.5	Students apply tactical concepts and performance principles in individual, dual, or lifetime activities.
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 8.2.5	Students explain valid characteristics of fitness-related products, technology, and resources related to fitness literacy.
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
<p>Unit 1: Understanding Your Health</p> <p>In this unit, you will learn about your health and the three sides of the health triangle. The three sides explain what your body needs to be healthy. You will learn about healthy habits, physical changes during puberty, and the role of lifestyle factors in a person's life.</p> <p>In the Physical Education portion of the lesson, you will learn about the President's Challenge. The President's Challenge is a program created by the U.S. government that rewards students for being physically active and physically fit. You will learn about the history and guidelines of the Active Lifestyle Program, why staying active is important, and how to set activity goals and log results. By the end of this unit, you will have taken your first steps toward earning the Presidential Active Lifestyle Award.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Identify the three sides of the health triangle and explain how different aspects of health affect wellness and learn how to practice healthy behaviors to improve your overall health • Describe the physical, mental, and emotional changes that occur during puberty and explain how relationships may change during the teen years • Explain the role of lifestyle factors in a person's health and explain how abstinence benefits the three sides of the health triangle
<p>Unit 2: Mental and Emotional Health</p> <p>In this unit, you will learn about the importance of good mental and emotional health in your life. A key component of mental and emotional health is your self-esteem; you will learn how it changes throughout your life, why healthy self-esteem affects every part of the health triangle, and ways in which your self-esteem can be improved. You will investigate different types of emotions, identify ways of dealing with them, and recognize how stress also affects your overall health.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Recognize the importance of good mental and emotional health in your life • Identify ways to increase your self-esteem • Describe primary and learned emotions and healthy ways to express each of them • Understand the causes of stress and identify ways to deal with them

<p>Unit 3: Mental and Emotional Problems</p> <p>In this unit, you will familiarize yourself with various mental and emotional health disorders. You will learn how to recognize the signs of depression and teen suicide, allowing you to better communicate with someone with a mental health disorder. You will end the unit by investigating the different kinds of therapies available to treat mental and emotional health disorders.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Identify types of mental and emotional health disorders • Identify signs of major depression • Recognize the causes and warning signs of teen suicide • Learn how to communicate effectively with someone with mental and emotional problems • Describe the kinds of therapies used to treat mental and emotional health disorders
<p>Unit 4: Nutrition for Health</p> <p>In this unit, you will learn the importance of nutrition not just as a word, but by the positive and negative impacts your eating habits can have on your body and overall health and well-being. You will identify the six major categories of nutrition and describe their importance. You will be introduced to nutritional guidelines that are essential for living a healthy lifestyle. You will also have the opportunity to evaluate and plan your own meals and snacks.</p> <p>This unit enables you to take a real life look at your current nutritional habits while acknowledging necessary changes to allow yourself to live at a high level of wellness.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Identify environment and mental factors that influence food choices • Identify the six major categories of nutrition • Describe three ways your body uses nutrients • Identify the five main food groups that create MyPlate • Identify healthy ways to choose a snack
<p>Unit 5: Your Body Image</p> <p>Throughout this unit you will have the opportunity to identify why food and physical activity can influence your weight so significantly. By understanding this concept you will be able to describe ways to maintain a healthy weight. When weight becomes a hindrance or displeasure oftentimes eating habits are taken to the extreme and individuals develop an eating disorder. In this unit you will learn the signs and symptoms and health risks associated with eating disorders as well as where to seek help for such conditions.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Describe how food and physical activity can have a major impact on your weight • Identify three ways to maintain a healthy weight • Identify signs and symptoms of eating disorders • Describe the health risks associated with eating disorders • Identify where someone can get help for an eating disorder
<p>Unit 6: Your Body Systems</p> <p>Throughout this unit, you will take a close look at various body systems. While this may sound like a science class, choosing healthy behaviors to keep each system functioning properly is essential to living a healthy and productive life. You will start by looking at the skeletal system and the important role it plays in offering support and protection for internal organs. You will then get a closer look at the muscular system, circulatory system, respiratory system, nervous system, digestive and excretory systems, endocrine system, and ending with the male and female reproductive systems. Knowing how your body operates is important, both for your current lifestyle and for future years as you continue to develop and age.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Describe the functions of the skeletal system • Describe the process of circulation through the body • Understand the parts and functions of the respiratory system • Identify the importance of protecting your nervous system from injury • Understand the parts and functions of both the male and female reproductive systems
<p>Unit 7: Infectious Diseases</p> <p>In this unit, you will learn about types of infectious diseases and how they are treated. In addition, you will learn about your body's immune system and how it works to defend against dangerous pathogens. Your body has three lines of defense in the war against germs, and you will take a closer look at those defenses as you study the immune system. You will complete the unit by examining what you can do personally to prevent infectious diseases and keep yourself healthy.</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, Vinyasa Yoga, or Personal Fitness. After completing your physical activity each day, you will update Activity Tracker or your PE Log. At the end of the unit, you will submit your tracked activities using the Drop box in the last lesson.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • List the causes of infectious diseases • List the three defenses your body has against infectious disease • Identify how the immune system functions • Discuss what causes colds and how to treat them • Describe what you can do to prevent infectious diseases

<p>Unit 8: Safety and Emergencies</p> <p>In this unit, you will learn about safety and emergencies. You will learn how to keep yourself safe at home, school, outdoors, in the water, and on the road. We will cover the steps to take to reduce the risk of an accident occurring and the emergency plan in case an accident does occur. You will have the opportunity to learn first aid procedures for common emergencies as well as those that may be life-threatening. This unit will not make you an expert in responding to emergencies however, it will give you some tools and resources in case you ever have or approach an emergency.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Define the parts of an accident chain • Identify ways to avoid injuries in the water and outdoors • List the steps to take in an emergency • Explain the different types of common emergencies • Differentiate the different types of life-threatening emergencies
<p>Unit 9: Environmental Health</p> <p>In this unit, you will learn about environmental health. This unit will discuss air, water, and land pollution and the impact they have on the environment and our health. You will learn action steps that you can take to protect the environment and reduce your contribution to the growing problem associated with pollution. Finally, you will learn how you can have an impact on our planet by reducing, reusing, and recycling.</p>	<p>PE 8.1.1, PE 8.1.2, PE 8.1.3, PE 8.1.5, 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 8.2.5, PE 8.3.1, PE 8.3.2, PE 8.3.3, PE 8.3.4</p>	<ul style="list-style-type: none"> • Evaluate what contributes to air, water, and land pollution • Discuss strategies to reduce the ways you contribute to pollution • Assess how pollution affects the environment • Define the three Rs: reduce, reuse, and recycle • List the actions individuals can take to protect the environment