

Health, Safety and Physical Education

West Jefferson Hills School District Strands

Strands

- Concepts of Health..... 10.1.**
- A. *Stages of Growth and Development*
 - B. *Interaction of Body Systems*
 - C. *Nutrition*
 - D. *Alcohol, Tobacco and Chemical Substances*
 - E. *Health Problems and Disease Prevention*
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- Healthful Living..... 10.2.**
- A. *Health Practices, Products and Services*
 - B. *Health Information and Consumer Choices*
 - C. *Health Information and the Media*
 - D. *Decision-making Skills*
 - E. *Health and the Environment*
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- Safety and Injury Prevention 10.3.**
- A. *Safe/Unsafe Practices*
 - B. *Emergency Responses/Injury Management*
 - C. *Strategies to Avoid/Manage Conflict*
 - D. *Safe Practices in Physical Activity*

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Physical Activity..... 10.4.

- A. *Physical Activities That Promote Health and Fitness*
- B. *Effects of Regular Participation*
- C. *Responses of the Body Systems to Physical Activity*
- D. *Physical Activity Preferences*
- E. *Physical Activity and Motor Skill Improvement*
- F. *Physical Activity and Group Interaction*

Concepts, Principles and Strategies of Movement 10.5.

- A. *Movement Skills and Concepts*
- B. *Motor Skill Development*
- C. *Practice Strategies*
- D. *Principles of Exercise/Training*
- E. *Scientific Principles That Affect Movement*
- F. *Game Strategies*