

Elementary Wellness

A K-5 Planned Course

November 2016

Elementary Wellness Mission Statement:

The mission of the [Souderton Area School District](#) Wellness Department is to provide overall health and wellness education for all students, accomplished through a comprehensive and sequential program that is developmentally appropriate and promotes the value of being physically active for a lifetime.

Purpose of the curriculum:

The health and well-being of our students is paramount in their education. Current trends indicate a significant decline in their regular physical activity. This is a major health risk. This curriculum will provide the opportunity to develop health-related fitness, skill competence, cognitive understanding, and positive attitudes about physical activity. By providing our students with high-quality physical education, they will be able to engage in learning experiences that meet their developmental needs. Age-appropriate health lessons can lead to the development of healthful living habits at an early age. By providing our students with high-quality health education, they will be able to practice health-enhancing behaviors and avoid/reduce health risks during their tenure at the elementary level and beyond.

"The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity."

SHAPE America

By successfully completing this curriculum, Souderton Area School District students should be able to:

- identify and engage in physical activities that promote physical fitness and health.
- know the positive and negative effects of regular participation in moderate to vigorous physical activities.
- know and recognize changes in body responses during moderate to vigorous physical activity.
- recognize and use basic movement skills and concepts. recognize and describe various fitness concepts using appropriate vocabulary.
- recognize and describe game strategies using appropriate vocabulary.
- know age-appropriate drug information.
- describe the growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
- identify health problems that can occur throughout life and describe ways to prevent them.
- identify and apply ways to monitor and assess the body's response to moderate to vigorous exercise.
- identify and use safe/unsafe practices in the home, school, and community.
- identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- recognize emergency situations and explain appropriate responses.
- identify and know the location and function of the major body organs and systems.
- explain the role of **My Plate** in helping people eat a healthy diet.