



PreK-12 Health & Physical Education

Transfer Goals	Enduring Understandings	Essential Questions
<p>Students will be able to independently use their learning to:</p> <ul style="list-style-type: none">• Students will independently utilize their learning to make healthful choices and decisions regarding diet and exercise.• Students will develop healthy lifetime fitness habits that enhance and maintain a person's physical, mental and social health.• Students will utilize technology to enhance their physical, mental and social well-being.	<p>Students will understand that:</p> <ul style="list-style-type: none">• Healthful living requires an individual to act on available information even if it means breaking comfortable habits.• Respecting the role of regular physical activity is important in their pursuit of lifelong health and an active lifestyle.• There are knowledge and skills required to select and participate in physical activity safely, competently, and with personal satisfaction.• Being physically active is a critical factor in maintaining positive mental health.• Health- and skill-related fitness are enhanced through physical competence and physical activity.• Technology can be used as a tool in the creation and adherence of and to exercise programs.	<ul style="list-style-type: none">• How can a health educated student demonstrate positive lifestyle choices?• How can physical activity/sports provide a wide-range of lifelong benefits?• How does physical education enhance total well-being—social, mental, emotional and physical?• How can the different dimensions of health-related fitness be applied to increase performance in each activity situation?• How has technology impacted health trends and individual's desires and motivations to be healthy?•