Section 3

Purpose

In Section 3 students will learn more about physical activity and its role in maintaining a healthy body weight. There is an overview of different types of exercises and the benefits of each, as well as descriptions of fitness equipment for each type of exercise. This section reviews exercise recommendations for teens and includes several interactive ways to help students determine which physical activities they would enjoy.

Standards Addressed in This Section

Physical Development and Health

Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

a. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

b. Analyze various movement concepts and applications.

c. Demonstrate knowledge of rules, safety and strategies during physical activity.

Goal 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.

a. Explain the basic principles of health promotion, illness prevention and safety.

b. Describe and explain the factors that influence health among individuals, groups and communities.

c. Explain how the environment can affect health.

Science

Goal 12: Understand the fundamental concepts, principles and interconnections of life, physical and earth/space sciences.

Mathematics
Goal 6: Demonstrate and apply a knowledge and sense of numbers, including numeration and operations (addition, subtraction, multiplication, division) patterns, ratios and proportions.

Goal 7: Estimate, make and use measurement of objects, quantities and relationships and determine acceptable levels of accuracy.

**Language Arts**

Goal 1.A.ECa: Understand that pictures and symbols have meaning and that print carries a message.

Goal 1.C.ECb: Respond to simple questions about reading material.

Goal 2.B.EC: Show independent interest in reading related activities.

Goal 4.A.EC: Listen with understanding and respond to directions and conversations.

**Social and Emotional Development**

Goal 31.A.ECd: Show some initiative and independence in actions.

Goal 32.A.ECd: Use classroom environment purposefully and respectfully.

Goal 32.B.ECd: Develop relationship with children and adults.