

Kids Making Better Choices

Correlation to Alabama Course of Study Objectives for Physical Education

Grade K:

- #8 Identify likes and dislike associated with participation in physical activities.
- #10 Illustrate a physical activity performed outside the physical education class.
- #11 Identify positive outcomes associated with participation in a physical activity.

Grade 1:

- #8 Identify preferences in physical activity.
- #10 Describe activities that take place during and outside of physical education class that require physical exertion.
- #11 Describe emotions associated with physical activities.

Grade 2:

- #9 Identify the components of a health-related physical activity including flexibility, strength, endurance, body composition, and cardiovascular fitness.
- #11 Identify moderate-to-vigorous physical activities that may be performed outside the physical education class.

Grade 3:

#8 Identify the physiological indicators that accompany moderate-to-vigorous physical activity.

#9 Associate results of daily fitness activity with personal health status and ability to perform various skills.

#10 Engage in regular physical activity for the purpose of improving skill and personal health.

Grade 4:

#8 Identify activities that correlate with the components of health-enhancing physical activity.

#11 Identify resources available in the community that offer opportunities for physical fitness activities.

Grade 5:

#9 Associate results of fitness testing with personal fitness goals and the ability to perform various activities.

#10 Engage in daily moderate-to-vigorous physical activity in a variety of settings.

Grade 6:

#7 Identify factors that affect physical activity and exercise preferences of participants.

#9 Describe the critical aspects of a healthy lifestyle including, but not limited to, nutrition, exercise, and rest.

#11 Utilize a fitness plan.

Joy Warmbrod

3/18/08