

Health and Physical Education

Key Requirements

The [Georgia Department of Education](#) Board Rule [160-4-2-.12 Comprehensive Health and Physical Education Program Plan](#) outlines that districts shall implement an accurate, comprehensive health and physical education program that shall include information and concepts in the following areas: alcohol and drug use; disease prevention; environmental health; nutrition; personal health; sex education/AIDS education; safety; mental health; growth and development; consumer health; community health; health careers; family living, motor skills; physical fitness; lifetime sports; outdoor education; and fitness assessment.

- K-5th Grade students are required to take physical education/health.
- 6th – 8th Grade students are encouraged to take physical education/health.
- 9th – 12th Grade students MUST pass the required courses of Personal Fitness and Health in order to graduate.
- All Georgia physical education students must participate in a fitness assessment. (Currently [FitnessGram](#))
- 1st-3rd Grade students must participate in the Body Mass Index (BMI) assessment portion of the [FitnessGram](#).
- All 4th-5th Grade students and 6th – 12th Grade students enrolled in any physical education course must participate in the full [FitnessGram](#) assessment that includes: PACER Test or One-Mile Run; Curl-Ups; Push-Ups; Back-Saver Sit and Reach; and Height/Weight measures (BMI) with results shared with parents.

Parents can find learning standards at [GA Standards of Excellence \(GSE\)](#) .



How Physical Activity Can Promote Academic Achievement



- ✓ The flow of oxygen to the brain is increased.
- ✓ The number of brain neurotransmitters is increased, which assists your ability to focus, concentrate, learn, remember and handle stress.
- ✓ The number of brain-derived neurotrophins is increased, which assures the survival of neurons in the areas of the brain that are responsible for learning, memory, and higher thinking.

Health and Physical Education Grade Level Overview

PRIMARY - ELEMENTARY

Kindergarten

Physical Education

This course will introduce students to locomotor and non-locomotor skills. Students will explore manipulative skills using a variety of equipment (e.g., balls, scarves, and bean bags). Students will participate in basic physical fitness activities. Students will become familiarized with rules, safety, and etiquette as it applies to self and others within a physical education setting.

Health

Kindergarten students will recognize basic facts and concepts about their bodies and begin to acquire skills and practices that keep them safe and healthy. Students will learn to seek help and advice from parents or guardians and other trusted adults and will begin to learn how to seek reliable health information. They will understand how to make good decisions about simple health issues, to respect others, to follow school safety rules, and to be responsible.

1st Grade

Physical Education

This course will include participating in locomotor skills (dance, game, or combination with non-locomotor skills) that demonstrate mature form in the hop, jump, and leap skills. Students will demonstrate the ability to move in a variety of pathways, in different directions, and at different levels in personal and general space. Several non-locomotor skills will be utilized in a sequence or in conjunction with locomotor or manipulative skills. Students will demonstrate the ability to direct manipulative objects toward an intended target.

Health

Students will learn about body systems and various health topics. They will begin to understand how their decisions can impact



their health and well-being now and in the future. Students will begin to relate choices with consequences. They will begin to examine the influence of the media on health decisions and to identify ways to access reliable information. They will exhibit respect for themselves, others, and the environment.

2nd Grade

Physical Education

This course will involve students performing skipping, sliding, and galloping with a mature form while moving through personal and general space; students will demonstrate the ability to change directions on teacher command or adapt movement in relation to a partner and combine non-locomotor movements with manipulative and locomotor patterns in a variety of games and dances. Students will demonstrate the ability to: maintain momentary body control during balance and weight transfer; master underhand throwing patterns when performing manipulative skills; catch an object at a medium level of trajectory in a closed environment (not during game play); and use underhand striking skills.

Health

Students will use effective communication skills to enhance personal, family, and community health. They will demonstrate the ability to identify verbal and non-verbal communication skills to reduce or avoid conflict.



3rd Grade

Physical Education

This course will involve students performing a variety of movement patterns within organized activities. Students will begin to demonstrate controlled manipulative skills. Emphasis will be placed on the value of health-related fitness activities and concepts; and students will recognize the importance of personal responsibility in relation to safe and appropriate participation.

Health

Students will learn and apply health skills in areas such as disease prevention, nutrition, healthy relationships, use of tobacco, and use/abuse of alcohol. Students will begin to recognize the existence of myths related to health information, distinguish fact from fiction, and set simple goals for promoting personal health and preventing disease. Students will assume personal responsibility for helping promote health at school and in the community.

4th Grade

Physical Education This course will involve the application of a variety of complex movement patterns within organized activities. Students will demonstrate mature manipulative skills and patterns. Health-related fitness activities and concepts will be reinforced and assessed. Students will demonstrate personal responsibility in relation to safe and appropriate participation.



Health

Students will distinguish reliable from unreliable health information and resources. Students' practices and behaviors will demonstrate health knowledge and skills. They will begin to see the interconnection between body systems. Students will critique advertising and various media displays and work with others to improve community health.

5th Grade

Physical Education

This course will extend the application of a variety of complex movement patterns within organized activities. Students will utilize mature manipulative skills and patterns in individual and group settings. Health-related fitness activities and concepts will be assessed and analyzed. Students will understand, accept, model, and apply personal responsibility in relation to safe and appropriate participation.

Health

Students will develop more sophistication in understanding health issues and practicing health skills. They will apply health skills and strategies to improve or maintain personal and family health. Students will begin to understand adolescent health issues and concerns and the relationship between choices and consequences. They will understand how to be a positive role model and the impact of positive and negative peer pressure. They will demonstrate injury prevention behaviors at school and elsewhere. Students will show resourcefulness and discrimination in accessing and critiquing health information.



MIDDLE GRADES

6th Grade

Physical Education

Students perform motor skills that are combined and used in specific game and performance situations. Refine and vary skills learned in elementary years using them to participate in small-sided games, dance, or individual activities.

Health

Students will generate and choose positive alternatives to risky behaviors. They will use skills to resist peer pressure and manage stress and anxiety. Students will be able to relate health choices (e.g., nutritional, physical activity) to alertness, feelings, and performance at school or during physical activity. Students will exhibit a healthy lifestyle, interpret health information, and promote good health.

7th Grade

Physical Education

The seventh-grade student performs complex combinations of movement specific to game, sport, rhythms, and/or physical activity settings. Specialized skills are adapted to meet the requirements of increasingly complex strategies.

Health

Students will show an understanding of the origins and causes of diseases, including the relationship between family history and certain health risks. They will begin to relate short- and long-term consequences of health choices and apply health skills to specific personal, family, and community health concerns. Students will discern relationships among all components of health and wellness and appropriately use consumer information.



8th Grade

Physical Education

Students perform mature movement patterns and sequences that demonstrate the ability to use complex or specialized skills and tactics.

Health

Students will integrate a variety of health concepts, skills, and behaviors to plan for their personal health goals. These include the prevention of disease and chemical addiction for the promotion of a healthy lifestyle. Students will demonstrate confidence in their knowledge and skills. They will see themselves as having a role in creating a healthy lifestyle for themselves as individuals, for their families, and the larger community. These students will engage in promoting health in their community.



High School

9th -12th

Health and Physical Education

Required Courses

Personal Fitness

Introduces instruction in methods to attain a healthy level of physical fitness; implements a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness.

Health

In high school students will demonstrate comprehensive health knowledge and skills. Their behaviors will reflect a conceptual understanding of the issues associated with maintaining good personal health. They will serve the community through the practice of health-enhancing behaviors that promote wellness throughout life.



Optional Courses

Additional physical education courses are offered in high school. These courses can include more specialized and advanced instruction in recreational games, lifetime sports, weight training, aerobic dance, rhythmic dance, physical conditioning, exercise and weight control, team sports, body sculpting, outdoor education, and other areas. Students may elect to take these additional courses.

