

ConeHead's



Demographics

Location: Colorado Springs, CO

Woodmen-Roberts Elementary School



Mountain Ridge Middle School



Liberty High School



Population: For 2006, the estimated city population is 392,164

Male	259,598
Female	257,331

Type of School District: Urban district

Median household income: \$45,081

34% of Colorado Springs residents age 25 and older have a bachelor's or advanced college degree.

High school graduates (includes equivalency): 50,527

Ethnic Composition:	
White	419,673
Black or African American	33,670
American Indian and Alaska native	4,725
Asian	13,099
Native Hawaiian and other Pacific islander	1,256
Hispanic or Latino	58,401
Some other race	24,293
Two or more races	20,213



Mission Statement

Our mission is to integrate a curriculum that includes both a physical and mental challenge. The goals will be accomplished through a variety of different activities, including adventure activities using the natural surroundings around the area. The outlying goal is to lead students in the program to live a lifelong goal of fitness and a health-conscious life.

Curricular Goals

<i>Domain</i>	<i>K-5</i>	<i>6-8</i>	<i>9-12</i>
Psychomotor (PE)	Students will develop and perform movement skills concepts.	Students will apply movement skills to increase fitness components.	Students will demonstrate advanced skills in the natural environment through physical fitness.
	Students will practice efficient safety procedures while performing various activities.	Students will demonstrate proper techniques in more challenging physical activities.	Students will use strategies and skills in various sports through competition.
Psychomotor (Health)	Students will practice and apply topics in healthy living habits.	Students will demonstrate a result by the correct behavior in a given family issue.	Students will engage in areas of experiential learning activities in order to grasp mature family skills.
	Students will demonstrate healthy choices in specific situational safety procedures.	Students will perform specific responses to emergency situations.	Students will simulate situations that may influence their driving awareness.
Cognitive (PE)	Students will understand the basic skills of physical activities.	Students will understand the specific skills that relate to various physical activities.	Students will be able to explain the rules of various team/adventure sports.

Cognitive (PE)	Students will comprehend spatial awareness in fitness activities.	Students will understand the difference between the fitness components.	Students will identify various strategies to be qualified in challenging adventure activities.
Cognitive (Health)	Students will recall/reflect healthy and unhealthy habits.	Students will describe factors that impact unhealthy lifestyles.	Students will pass their state mandated driving exam.
	Students will define and recall safety precautions.	Students will recognize warning signs of illness or injury.	Students will understand the importance to follow safety precautions while driving.
Affective (PE)	Students will work and relate to peers to accomplish a physical goal.	Students will reinforce one another with positive feedback after various activities.	Students will cooperate and respond by performing advance skills in adventure sports.
	Students will value good sportsmanship by accepting others.	Students will evaluate and respond to one another by giving and receiving constructive criticism.	Students will work effectively to build complete team ownership.
Affective (Health)	Students will role play to simulate how they would practice daily safety situations.	Students will respond to the importance of medicine and their effects/side-effects.	Students will research and organize their thoughts about real life results of unsafe driving.
	Students will encourage each other to apply healthy habits to their personal lives.	Students will respond to different family lifestyles.	Students will debate the issues and values dealing with human sexuality.

Content Areas and Definitions

Physical Education (5)

K-5

Climbing – Developing skills to move body up rope, wall, obstacle courses, and other structures.

Swimming – Develop skills to float, move efficiently through water, breathing techniques, safety, and jumping/entering pool.

Movement Skills – Develop skills in locomotors, manipulative, spatial, directional, patterns, and coordination.

Fitness – Developing skills and knowledge to build aerobic, muscular, and stretching techniques/skills.

Dance – Develop skills to effectively move to a rhythm, and relate sound to movement in a skilled or creative artistic expression.

6-8

Climbing – Continuing development on skills on more challenging rope, wall, and other structures.

Swimming – Continuing development skills using strokes, diving skills, and speed efficiency.

Fitness – Developing techniques and knowledge on keeping the body healthy and active through muscular strength training with and without weights, as well as different cardiovascular options while continuing the flexibility component.

Inline Skating – Developing the skills necessary to balance using patterns, directions, speed, and focusing on core stability while moving on basic paths gliding on the inline wheels.

Crew – Developing knowledge and skills of proper arm/body positions, working as a team, and issues or problems the crew might encounter.

9-12

White Water Rafting – Maneuvering through turbulent water with natural obstacles in the path at various location sights. This must be done with a team.

Skiing/Snowboarding – Skiing is maneuvering through snow at different grades with two separate long, flat, skinny pieces of equipment that are attached to boots. Snowboarding is maneuvering through snow at different grades with both feet attached to a wide board that is connected to boots.

Rock Climbing – Using advanced and continuing skills to conquer moving the body through rock climbing situations in the surrounding area.

Swimming – Learning competitive individual racing and relay racing with team members to continue development of strokes, diving, speed, and endurance efficiency.

Team Sports – Using the developed skills to participate in a variety of competitive and cooperative sports with others. These may include but are not limited to: water polo, basketball, football, field hockey, soccer, and baseball/softball.

Content Areas Health (3)

K-5

Nutrition – Gaining knowledge in where foods are classified and what helps or harms the body through identification of health vs. unhealthy eating habits.

Personal Health– The basic fundamentals of taking responsibility for your own personal well being.

Safety – Gaining basic knowledge of daily situations where safety may be a factor and ways to handle them.

6-8

Drugs and Medicine – Gaining knowledge in a variety of different types of drugs and medicine and what their usage principles would be.

Family Life Skills – Learning to deal with social/emotional issues in all relationships and dealing with stress.

CPR/First Aid – CPR is being able to effectively understand and perform the correct sequence in cardiopulmonary resuscitation successfully. First Aid is basic knowledge of how to handle and recognize emergency situations and injury.

9-12

Human Relationships and Sexuality – Communication skills with more mature family/relationship issues that deals with sexual relationships and various birth control methods.

Driver's Education – Knowing the rules and regulations of the state law, as well as decision making in hazardous or various driving situations.

Nutrition – Knowledge in how to recognize calorie consumption through reading food labels and be able to find a healthy diet that meets their personal needs.



Scope and Sequence

PE K-5

K-5	K	1	2	3	4	5
Climbing	X	X	X	X	X	X
<i>Rope Climbing</i>	X	X	X	X	X	X
Safety	X	X	X	X	X	X
Hand over Hand			X	X	X	X
Partners	X	X	X	X	X	X
Horizontal Rope Pull			X	X	X	X
<i>Obstacle Courses</i>		X	X	X	X	X
Maze		X	X	X	X	X
Oppositions			X	X	X	X
Mat Course		X	X	X	X	X
Challenge Course				X	X	X
<i>Rock Wall</i>	X	X	X	X	X	X
Safety	X	X	X	X	X	X
Ropes	X	X	X	X	X	X
Belays				X	X	X
Knots		X	X	X	X	X
Technique				X	X	X
<i>Resistance Training</i>	X	X	X	X	X	X
Upper Body	X	X	X	X	X	X
Lower Body	X	X	X	X	X	X
Core	X	X	X	X	X	X
<i>Net Climbing</i>				X	X	X
Safety				X	X	X
Strategies				X	X	X
Dyno Climb					X	X
Swimming	X	X	X	X	X	X
<i>Safety Precautions</i>	X	X	X	X	X	X
No Running/ Entering/Exiting Pool	X	X	X			
Buddy System	X	X	X			
<i>Breathing Tech</i>	X	X	X	X	X	X
Blow Bubbles	X	X	X			
Hold Nose	X	X	X			
Head Submerged		X	X	X	X	X

<i>Kicking</i>						
Wall Kicks	X	X	X	X		
Free/Back Kick				X	X	X
Butterfly Kick					X	X
Breast Kick						X
<i>Floating</i>	X	X	X	X		
Belly with/out Board	X	X	X			
Back	X	X	X			
<i>Crawl Stroke</i>						
With Assistance	X	X	X	X		
One Arm Stroke				X	X	X
Both Arms						X
Movement Skills	X	X	X	X	X	X
<i>Concepts</i>	X	X	X	X	X	X
Walk/Run	X	X	X	X		
Hop/Jump	X	X	X	X		
Skip		X	X	X	X	X
Gallop/Slide		X	X	X	X	X
<i>Levels</i>	X	X	X			
High	X	X	X			
Middle	X	X	X			
Low	X	X	X			
<i>Speeds</i>	X	X	X	X		
Fast/Medium	X	X	X	X		
Slow	X	X	X			
<i>Directions</i>	X	X	X	X	X	X
Forward/ Backward		X	X	X	X	X
Sideways		X	X	X	X	X
Diagonal			X	X	X	X
Zig-zag			X	X	X	X
Spacial Awareness	X	X	X	X	X	X
<i>Manipulative</i>	X	X	X	X	X	X
Throwing	X	X	X	X	X	X
Kicking	X	X	X	X	X	X
Catching	X	X	X	X	X	X
Shooting				X	X	X
Trapping				X	X	X
Fitness	X	X	X	X	X	X
<i>Cardiovascular</i>	X	X	X	X	X	X
Defining Cardio	X	X	X	X	X	X
Body parts involved					X	X

Body systems involved					X	X
Training	X	X	X	X	X	X
<i>Resistance Training – Upper Body</i>	X	X	X	X	X	X
Definition/Explanation	X	X	X	X	X	X
Push Ups	X	X	X	X	X	X
Pull Ups	X	X	X	X	X	X
Abdominals	X	X	X	X	X	X
Other Simple Exercises			X	X	X	X
Muscles associated with upper body and how to train them					X	X
<i>Resistance Training – Lower Body</i>	X	X	X	X	X	X
Muscles associated with lower body					X	X
Exercises to work lower body	X	X	X	X	X	X
Activities that benefit/gain muscles strength	X	X	X	X	X	X
<i>Flexibility</i>	X	X	X	X	X	X
Definition and safety	X	X	X	X	X	X
Consistent daily stretching routine	X	X	X	X	X	X
Proper technique	X	X	X	X	X	X
Range of motion and holding time	X	X	X	X	X	X
<i>Activities for Fitness Components</i>	X	X	X	X	X	X
Tag	X	X	X	X		
Relays				X	X	X
Modified Games			X	X	X	X
Dance	X	X	X	X	X	X
<i>Movements</i>	X	X	X	X	X	X
Patterns in dance		X	X	X	X	X
Direction in dance	X	X	X	X	X	X

Personal Space in dance	X	X	X	X	X	X
Levels in dance		X	X	X	X	X
Locomotor in dance	X	X	X	X	X	X
<i>Music</i>	X	X	X	X	X	X
Rhythm		X	X	X	X	X
Beat		X	X	X	X	X
Movement	X	X	X	X	X	X
<i>Creative Dance</i>	X	X	X	X		
Animals	X	X	X			
People/ Occupations			X	X		
Make-Believe Creatures	X	X	X			
Machines		X	X	X		
Nature	X	X	X	X		
<i>Folk Dance</i>	X	X	X	X	X	X
Bird Dance	X	X	X	X		
Patty Cake Polka	X	X	X	X		
Lummi Sticks					X	X
<i>Mixers</i>			X	X	X	X
Wild Turkey Mixer			X	X	X	X
Inside Out Mixer				X	X	X
Jiffy Mixer				X	X	X

Scope and Sequence

PE 6-8

6-8	6	7	8
Climbing	X	X	X
<i>Rope Climbing</i>	X	X	X
Safety	X	X	X
Leg/arm Strength	X	X	X
Team Races	X	X	X
<i>Wall Climbing</i>	X	X	X
Safety	X	X	X
Ropes/Knots	X	X	X
Belays	X	X	X
Spotters	X	X	X

Strategies	X	X	X
Energy conservation	X	X	X
<i>Resistance Training</i>	X	X	X
Biceps		X	X
Triceps	X	X	X
Hamstrings	X	X	X
Quadriceps	X	X	X
Back	X	X	X
Abdominals	X	X	X
<i>Net Climbing</i>	X	X	X
Cargo Net	X	X	X
Team Races		X	X
Difficult Dyno Climb		X	X
<i>Activities</i>	X	X	X
Swinging Vine	X	X	X
Name Game	X	X	X
Trust Games	X	X	X
Swimming	X	X	X
<i>Crawl Stroke</i>	X	X	X
Arms with Head Out/In Water	X		
50 Meter Swim	X	X	X
100 Meter Swim		X	X
Breathing		X	X
Kick	X	X	X
Conditioning			X
<i>Backstroke</i>	X	X	X
Arm Drill	X	X	X
Stroke with Kick		X	X
<i>Breaststroke</i>		X	X
Kick		X	X
Arm Motion		X	X
Underwater Arm Pull			X
Full Stroke			X
<i>Diving</i>		X	X
Hand/Body Positions		X	X
Roll In		X	X
Fall In			X
Standing Dive			X
<i>Speed</i>	X	X	X
Free/Back Kick	X	X	X
Crawl Stroke 50 Meter		X	
Crawl Stroke 100 Meter			X
Turns	X	X	X

Fitness	X	X	X
<i>Cardiovascular</i>	X	X	X
Benefits	X	X	X
Body system adaptations and response		X	X
Training	X	X	X
Activities associated to train system	X	X	X
Running	X	X	X
Different Options to train cardiovascular	X	X	X
<i>Muscular Endurance</i>	X	X	X
Consistent upper/lower body exercises		X	X
Upper body activities for Endurance without weights	X	X	X
Lower body activities for Endurance without weights	X	X	X
Different Exercises with weights		X	X
<i>Body Composition</i>		X	X
Definition		X	X
How to measure			X
Ways to better body composition		X	X
Advantages		X	X
How all fitness components work together			X
<i>Speed</i>	X	X	X
Exercises to increase speed		X	X
Speed technique practice	X	X	X
Activities involving different speeds	X	X	X
<i>Agility</i>		X	X
Activities that involve Agility		X	X
Explanation/practice of how agility benefits in different areas of physical education		X	X

Technique that produce agility		X	X
Inline Skating	X	X	X
<i>Basic Technique</i>	X	X	X
Balance	X	X	X
Core Stability	X	X	X
Footwork	X	X	X
Safety	X	X	X
Fit/Taking On and Off			
<i>Positioning</i>	X	X	
Flamingo	X	X	
Triangle	X	X	
McDonald's M	X	X	X
Braking	X	X	X
<i>Challenges</i>	X	X	X
Cones	X	X	X
Obstacles		X	X
Relay Races			X
<i>Endurance</i>		X	X
Activities with Group		X	X
Time Skate			X
<i>Games</i>	X	X	X
Koosh Ball Scoop	X	X	
Roadrunner vs. Coyote	X	X	X
Cone Slalom		X	X
Crew	X	X	X
<i>Arm movements</i>	X	X	X
Release	X		
Feathering	X		
Squaring		X	X
Catch		X	X
<i>Leg and Back movements</i>	X	X	X
Drive	X		
Finish		X	X
Lay back		X	X
<i>Problems and how to recover</i>		X	X
Check		X	X
Crab		X	X
Jumping the slide		X	X
Skying		X	X
Washing out		X	X
<i>Positions and team rhythm</i>	X	X	X
Bow	X	X	X
Coxswain	X	X	X

Stroke	X	X	X
<i>Rigging Strategies</i>			X
Tandem			X
Bucket			X
Italian			X

Scope and Sequence

PE 9-12

9-12	9	10	11	12
White Water Rafting	X	X	X	X
<i>Safety</i>	X	X	X	X
River Classifications	X	X		
Holes		X	X	
Hydraulics			X	X
<i>Team Communication</i>	X	X	X	X
Calls			X	X
Listening Skills	X	X	X	X
Communication	X	X	X	X
<i>Equipment</i>	X	X		
Rafts	X	X		
Helmets	X	X		
Oars	X	X		
<i>Colorado Courses</i>			X	X
Locating			X	X
Deciding			X	X
Challenge Courses			X	X
<i>Rowing</i>	X	X	X	X
Currents	X	X	X	
Passages	X	X	X	
Waves			X	X
Skiing	X	X		
<i>Basic Knowledge</i>	X			
Equipment and Proper Wear	X			
Different events and types of skiing	X			
Different levels of slopes	X			
<i>Methods of Downhill Skiing</i>	X	X		
Carving	X	X		

Steps		X		
Mogul		X		
Schussing	X	X		
<i>Balancing</i>	X	X		
Steering	X	X		
Edging	X	X		
Controlling Pressure	X	X		
<i>Turning</i>	X	X		
Kick turn	X	X		
Snow plough	X	X		
Stem turn		X		
<i>Falling</i>	X			
How to get back up	X			
How to prevent an injury	X			
Snowboarding			X	
<i>Basic Knowledge</i>			X	
Know Equipment and wear			X	
Different events and types of snowboarding			X	
Different levels of slopes			X	
<i>Turns</i>			X	X
Heel turn			X	X
Toe turn			X	X
<i>Balancing</i>			X	X
Getting up			X	
Front Position			X	X
Back Position			X	X
<i>Falling</i>			X	
How to get back up			X	
How to prevent injury			X	
<i>Using the lift</i>			X	
Clipping on and off boot			X	
Getting on/off			X	
Rock Climbing	X	X	X	X
<i>Trust Activities</i>	X	X	X	X
Name Game	X	X	X	X
Fall of Faith	X	X	X	X
Fall of Faith in Circle	X	X	X	X
Walk Down Wall	X	X	X	X
<i>High Elements</i>	X	X		

Flying Squirrel	X	X		
Tight Rope Walk	X	X		
Ladder Beam Balance	X	X		
Centipede	X	X		
<i>Practice Rock Climb</i>		X	X	
Safety		X	X	
Communication		X	X	
Belaying		X	X	
Efficiency		X	X	
Technique		X	X	
<i>Preparation</i>			X	X
Packing			X	X
Check Equipment			X	X
Check Conditions			X	X
Proper Hydration			X	X
<i>Outdoor Climbing</i>			X	X
Safety			X	X
Communication			X	X
Belaying			X	X
Efficiency			X	X
Technique			X	X
Swimming	X	X	X	X
<i>Freestyle</i>	X	X	X	X
Kick/Arm Positions	X	X	X	X
Breathing Techniques	X	X	X	X
Flip Turns	X	X	X	X
Speed Positioning		X	X	X
Conditioning	X	X	X	X
<i>Backstroke</i>	X	X	X	X
Kick	X	X	X	X
Flip Turns		X	X	X
Arm Positions	X	X	X	X
Conditioning		X	X	X
<i>Breaststroke</i>	X	X	X	X
Kick	X	X	X	X
Arm Pull	X	X	X	X
Speed Breathing Techniques			X	X
Turn on the Wall		X	X	X
Conditioning			X	X
<i>Butterfly</i>		X	X	X
Kick		X	X	X
Body Movement		X	X	X
Arm Pull		X	X	X
Breathing		X	X	X

Full Stroke			X	X
<i>Diving Off Blocks</i>		X	X	X
Technique		X	X	X
Competitive Rules		X	X	
100 Meter Swims			X	X
Backstroke Start			X	X
Relays			X	X
Team Sports	X	X	X	X
<i>Basketball</i>	X	X	X	X
Dribbling	X	X	X	X
Shooting	X	X	X	X
Passing	X	X	X	X
Strategy Setting			X	X
Rules	X	X	X	X
<i>Football</i>	X	X	X	X
Catching	X	X	X	X
Throwing	X	X	X	X
Punting		X	X	X
Pattern Running	X	X	X	X
Rules	X	X	X	X
<i>Volleyball</i>	X	X	X	X
Setting	X	X	X	X
Bumping	X	X	X	X
Spiking			X	X
Positioning		X	X	X
Strategy			X	X
Rules	X	X	X	X
<i>Softball</i>		X	X	X
Hitting		X	X	X
Pitching		X	X	X
Base Running		X	X	X
Catching		X	X	X
Rules		X	X	X
<i>Hockey</i>			X	X
Striking			X	X
Maneuvering			X	X
Passing			X	X
Scoring			X	X
Rules and Regulations			X	X

Scope and Sequence

Health K-5

K-5	K	1	2	3	4	5
Nutrition	X	X	X	X	X	X
<i>Five Food Groups</i>	X	X	X	X		
Identifying the groups	X	X	X			
Listing Examples			X	X	X	
Explain Proportions					X	X
<i>Poor Nutrition</i>				X	X	X
Explain weight gain					X	X
Listing/explain internal effects				X	X	X
Listing/explain external effects				X	X	X
<i>Proper Nutrition</i>	X	X	X	X	X	X
List/explain internal effects				X	X	X
List/explain external effects				X	X	X
Recognize a healthy person	X	X	X			
<i>Healthy Snacks and Meals</i>			X	X	X	X
Picking snacks			X	X		
Picking meals					X	X
Making healthy food						X
Making a grocery list				X	X	X
<i>Diseases</i>				X	X	X
Explain Obesity					X	X
Explain Blood Pressure				X	X	X
Explain Heart Disease					X	X
Personal Health	X	X	X	X	X	X
<i>Personal Hygiene</i>	X	X	X			
Brushing and flossing Teeth	X	X	X	X		
Washing hands	X	X	X	X		
<i>Disease and sickness</i>						
Knowing symptoms of diseases and health conditions	X	X	X	X		
Knowing preventable and						

non-preventable diseases				X	X	X
Knowing ways to prevent spread of disease	X	X	X	X		
<i>Overall Wellness</i>	X	X	X	X	X	X
Wellness definitions	X	X	X	X		
Will be able to define physical, social, emotional dimensions				X	X	X
Describe each human life stage					X	X
<i>Proper Growth and Development</i>			X	X	X	X
Locate body organs and parts			X	X	X	
What makes individuals alike and different			X	X	X	
Development problems that could occur						X
<i>Healthy Behavior and Choices</i>	X	X	X	X	X	X
Ways to Stay Active		X	X			
Benefits of Being Active	X	X	X	X	X	X
Positive/Negative Choices that Effect Health					X	X
Safety	X	X	X	X	X	X
<i>Injury Prevention</i>	X	X	X	X	X	X
Using Seat belts and Car Safety	X	X	X	X		
Using protective gear		X	X	X		
<i>First Aid Procedures</i>	X	X	X	X	X	X
Knowing Emergency Numbers	X	X	X	X		
Knowing Personal Information: Address/Phone #	X	X	X	X		
Caring for Small Cuts				X	X	X
Knowing Allergies			X	X	X	X
<i>Community</i>		X	X	X	X	
Difference between strangers and trusted adults		X	X	X		
Fire Safety Procedures			X	X	X	
<i>Recreation</i>			X	X	X	
Describe safety rules in various recreational activities			X	X	X	

Identify safety equipment in various recreational activities			X	X	X	
<i>Traffic Safety</i>	X	X	X			
Identify proper procedures when crossing street	X	X	X			
Traffic signs and lights and what their purposes are	X	X	X			

Scope and Sequence

Health 6-8

6-8	6	7	8
Drugs and Medicine	X	X	X
<i>Peer Pressure and Resistance</i>	X	X	X
Definition/Recognition	X	X	X
Who and what to avoid	X	X	X
How to cope		X	X
<i>Prescription Drugs/Over the Counter</i>	X	X	X
Definition/Effectiveness	X	X	X
Comparing drugs	X	X	X
Different types	X	X	X
Understanding labels/warnings	X	X	X
<i>Drug Use</i>	X	X	X
Types and differentiation according to age	X	X	X
Degree of severity in different types of illegal drugs	X	X	X
Correct ways to use legal drugs	X	X	X
Laws and Policies		X	X
<i>Addiction</i>	X	X	X
Definition/Explanation	X	X	X
Substances that cause addiction	X	X	X
Severity		X	X
Ways to overcome/rehab		X	X
<i>Tobacco Products</i>	X	X	X
History/background	X	X	X
Harmful effects to different body Systems	X	X	X
Non-smokers vs. Smokers	X	X	X

<i>Alcohol Use</i>		X	X
Effects on Behavior and Brain		X	X
Effects on Body	X	X	X
Decision Making while under the Influence	X	X	X
Family Life Skills	X	X	X
<i>Social and Emotional Health</i>	X	X	X
Self-esteem	X	X	
Knowing the difference between positive and negative peer relationships		X	X
Knowing positive support and parental involvement			X
<i>Stress</i>	X	X	
Knowing effects of stress	X	X	
Knowing how to deal		X	X
<i>Individual, Family, Community Coping Skills</i>	X	X	X
Dealing with change and crisis	X	X	
Dealing with rejection and loss		X	X
<i>Communication</i>	X	X	X
Sources of health information	X	X	
Demonstrate effective communication and listening skills	X	X	X
Present health information verbally to peers		X	X
<i>Decision Making</i>	X	X	X
Steps to making effective health decisions	X	X	X
Influences that affect decisions and behaviors		X	X
Situations that may require a decision about health and safety		X	X
CPR/First Aid	X	X	X
<i>CPR Basics</i>	X	X	X
ABC's	X	X	X
Pulse	X	X	X
Call 911	X	X	X
<i>CPR in Child/Adult</i>		X	X
Adult Compressions		X	X
Adult Breaths			X
Child Compressions			X

Child Breaths			X
<i>Choking</i>		X	X
Adult Choking		X	X
Child Choking			X
Infant Choking			X
<i>First Aid</i>		X	X
Splints		X	X
Bleeding		X	X
Punctures			X
Allergies			X
<i>Emergency Situations</i>	X	X	X
Fires	X	X	X
Burns	X	X	X
Chemical Hazards		X	X
Car Accident			X

Scope and Sequence

Health 9-12

Human Relationships and Sexuality	X	X	X	X
<i>Birth Control and Safe Sex</i>	X	X	X	
Methods	X	X		
How they work	X	X		
Consequences		X	X	
<i>Relationships</i>	X	X	X	X
Define different types of relationships	X	X		
Healthy aspects of relationship	X	X	X	X
Unhealthy aspects	X	X	X	X
<i>Anatomy and Physiology</i>	X	X	X	X
Identify female anatomy	X	X		
Identify male anatomy	X	X		
Identify female physiology			X	X
Identify male physiology			X	X
<i>Rape and Violent Relationship</i>	X	X	X	
Crimes	X	X	X	
Abusive Crimes	X	X	X	
How to handle violent situations	X	X	X	
<i>Communication Skills</i>	X	X	X	X
Explaining your feelings	X	X		

Admitting your faults	X	X		
Self-improvement			X	X
Forgiving others	X	X	X	X
Drivers Education			X	
<i>Rules</i>			X	
Traffic rules			X	
Pedestrian			X	
Parking			X	
School Bus/School Zone			X	
Techniques			X	
<i>Safety</i>			X	
Road Safety			X	
Being Aware			X	
Always Paying Attention			X	
<i>Situations</i>			X	
Drinking and Driving			X	
Car Accidents			X	
Getting lost			X	
Car Trouble			X	
<i>State Mandates</i>			X	
Restricted License			X	
Seatbelt			X	
Registration			X	
Permit restrictions			X	
<i>Traffic violations/Tickets</i>			X	
Driving Under the Influence			X	
Possession of Illegal Drugs			X	
Violating the Law			X	
Turning on Red/No Left Turn/Jug Handles			X	
<i>Testing Procedure</i>			X	
Review			X	
Two chances to pass the State Test			X	
Nutrition	X	X	X	X
<i>Fad Diets</i>	X	X	X	X
Listing Diets	X	X		
Difference between them		X	X	
Negative Effects		X	X	X
Positive Effects		X	X	X
<i>Food Diary</i>	X	X		
Creating a diary	X	X		
Using a diary	X	X		
Recognizing positive effects	X	X		
<i>Nutritional Food Labels</i>		X	X	X

Reading a food label		X	X	
Shopping for foods		X	X	X
<i>Cooking Healthy</i>		X	X	X
Finding Recipes		X		
Cooking meats			X	X
Cooking vegetables		X	X	X
Creating a meal			X	X
<i>Eating Out</i>	X	X	X	X
Reading a menu	X	X		
Ordering healthy	X	X	X	X
Controlling portions			X	X



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