



Growing Helathy Schools Week Standards

4 th grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade	High School
<i>Cooking Demo: Food Labels</i>	<i>Cooking Demo: Affects on Personal Health</i>	<i>Cooking Demo: Meal Planning</i>	<i>Cooking Demo: Fiber</i>	<i>Cooking Demo: benefits of eating healthy</i>	<i>Cooking Demo: Life Stages</i>
<i>Media Station</i>	<i>Media Station</i>	<i>Media Station</i>	<i>Media Station</i>	<i>Media Station</i>	<i>Media Station</i>
<i>Jump-rope</i>	<i>Frisbee</i>	<i>Throwing</i>	<i>Throwing/ Catching</i>	<i>Throwing/ Catching</i>	<i>Group Challege</i>
Health Education Standards					
4.1.1 Explain how exercising and getting enough sleep help people feel better emotionally	5.1.1 Describe the relationship between physical health and emotional health.	6.1.4 Analyze how local sources of pollution can influence both personal and community health.	7.1.12 Explain that a body mass index is a general indicator of overall fitness.	8.1.14 Discuss the short-term and long-term benefits and risks associated with nutritional choices, such as heart disease, high cholesterol, cancer, and osteoporosis.	L1.1.12 Analyze how healthy and unhealthy eating patterns impact the functioning of the human body, including bone development and the healthy functioning of the immune system.
4.1.12 Classify foods by nutritional content and nutritional value, and use food product labels to make informed decisions regarding food, and explain how diet and rest improve fitness and performance.	5.1.11 Explain how nutrition affects personal health, academic achievement, fitness and performance, including the effects of malnutrition on brain functioning.	6.1.14 Compare food choices based on nutrient content and value, calories, and cost to create a healthy meal plan.	7.1.13 Describe the benefits of a high-fiber diet (e.g., plenty of grains and fruit) to help food and waste products move through the body systems and prevent diseases		L2.1.13 Describe the nutritional needs and outcomes associated with various life stages (prenatal through late adulthood).
4.4.2 Explain how the media make certain physical traits seem desirable (e.g., extreme thinness, bulky muscles) without regard to the risky behaviors that can cause those traits.	5.4.3 Analyze how the media send mixed messages about alcohol, tobacco use, and violence.	6.4.2 Analyze how societal messages from all media, including music, television programs, movies, advertising, and the Internet influence adolescents' perceptions and behaviors related to sexual activity, diet and body image.	7.4.2 Analyze how societal messages from all media, including music, television programs, movies, advertising, and the Internet influence adolescents' perceptions and behaviors related to sexual activity, diet and body image, alcohol, drug use and violence.	8.4.4 Describe the ways technology can affect personal health and health behaviors for better and for worse, such as through new, effective medicines; improved exercise equipment; and the availability and nutrient quality of food.	
Physical Education Standards					
4.1.3 Jump a single rope for a specified amount of time for purposes of endurance.	5.1.5 Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern.	6.1.5 Throw an object accurately and with applied force, using the underhand, overhand, and sidearm throwing patterns.	7.1.1 Describe and demonstrate mature techniques for the following patterns in game play: striking; overhand, sidearm, and underhand throwing; catching; kicking/punting trapping; dribbling (hand and foot); and volleying.	8.1.1 Demonstrate mature techniques for the following patterns in game play: striking; overhand, sidearm, and underhand throwing; catching; kicking/punting; trapping; dribbling (hand and foot); and volleying.	L1.2.8 Explain the benefits that proper nutrition has on physical performance
4.3.3 Identify healthful choices for meals and snacks that help improve physical performance.	5.3.7 Perform elementary flexibility exercises that stretch particular muscle areas for given physical activities.	6.3.6 Demonstrate the proper form for stretching the hamstrings, quadriceps, shoulders, biceps, and triceps	7.3.5 Demonstrate the proper form for stretching the back, neck, abducts, hip flexors and adductors, and calves	7.3.5 Demonstrate the proper form for stretching the back, neck, abducts, hip flexors and adductors, and calves	GROUP DYNAMICS
4.3.7 Demonstrate how to warm-up and cool-down muscles and joints before aerobic activities such as running, jumping, kicking, throwing, and striking.		6.3.6 Demonstrate the proper form for stretching the hamstrings, quadriceps, shoulders, biceps, and triceps			