Heart Outdoors Activity

National Standards

The educational standards detailed below correspond to the activities in the “Heart - Outdoors Activity”. The activities were designed for fourth grade; however, they are suitable and adaptable for students in third through sixth. The National Standards are from http://books.nap.edu/html/nses/html/pdf/index.html.

National Science Education Standards

Science in Personal and Social Perspectives

CONTENT STANDARD F (Grades K-4):
• As a result of activities in grades K-4, all students should develop understanding of personal health Science in Personal and Social Perspectives.

CONTENT STANDARD F (Grades 5-8):
• As a result of activities in grades 5-8, all students should develop understanding of:
  - Personal health
  - Risks and benefits
  - Science and technology in society

National Health Education Standards

HEALTH EDUCATION STANDARD 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Performance Indicators (Grades 3-5)
1.5.1. - Describe the relationship between healthy behaviors and personal health.
1.5.2. - Identify examples of physical health.
1.5.4. - Describe ways to prevent common childhood injuries and health problems.

HEALTH EDUCATION STANDARD 5 - Students will demonstrate the ability to use decision-making skills to enhance health.
Performance Indicators (Grades 3-5)
5.5.3. – List healthy options to health-related issues or problem.
HEALTH EDUCATION STANDARD 6
Performance Indicators (Grades 3-5)
6.5.2. – Identify resources to assist in achieving a personal health goal.

HEALTH EDUCATION STANDARD 7-Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Performance Indicators (Grades 3-5)
7.5.1. - Identify responsible personal health behaviors.
7.5.2. - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
7.5.3. – Demonstrate a variety of behaviors to avoid or reduce health risks.

The National Association for Sport and Physical Education’s National Standards for Physical Education
(Obtained from http://www.aahperd.org/naspe/publications-nationalstandards.html)
Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthy physical activity.

A physically educated person:
Standard 1- NPH.K-12.1 Movement Forms: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2- NPH.K-12.2 Movement Concepts: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3- NPH.K-12.3 Physical Health: Participates regularly in physical activity.

Standard 4- NPH.K-12.4 Physical Fitness: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5- NPH.K-12.5 Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6- NPH.K-12.6 Respect for Others: Demonstrates understanding and respect for differences among people in physical activity settings.

Standard 7- NPH.K-12.7 Understanding Challenge: Understands that physical activity