

# VALUES HEALTH

GRADE	TOPICS	STANDARDS (SHAPE ALIGNMENT)
<b>Essential Question:</b> Why is it important to value physical activity in our lives?		<b>Big Idea:</b> We value physical activity because God’s ideal for quality living includes a healthy lifestyle.
<b>K</b>	<b>Health</b>	<b>PE.K.VH.1</b> Demonstrates God’s ideal for healthful living practices (e.g., balanced diet, regular exercise, drinking water). <b>PE.K.VH.2</b> Recognizes that physical activity is important for good health. (S5.E1.K) <b>PE.K.VH.3</b> Understands the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.K.VH.4</b> With support, recognizes the impact physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.K.VH.5</b> Tries new movement activities. <b>PE.K.VH.6</b> Acknowledges that some physical activities are challenging. (S5.E2.K)
	<b>Self-expression and Enjoyment</b>	<b>PE.K.VH.7</b> Identifies physical activities that are enjoyable. (S5.E3.Ka) <b>PE.K.VH.8</b> Discusses the enjoyment of playing with friends. (S5.E3.Kb)
<b>1</b>	<b>Health</b>	<b>PE.1.VH.1</b> Recognizes that God’s ideal for quality living includes a healthy lifestyle. <b>PE.1.VH.2</b> Identifies physical activity as a component of good health. (S5.E1.1) <b>PE.1.VH.3</b> Understands the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.1.VH.4</b> With support, recognizes the impact physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.1.VH.5</b> Tries new physical activities. <b>PE.1.VH.6</b> Recognizes that challenge in physical activities can lead to success. (S5.E2.1)
	<b>Self-expression and Enjoyment</b>	<b>PE.1.VH.7</b> Describes positive feelings that result from participating in physical activities. (S5.E3.1a) <b>PE.1.VH.8</b> Discusses personal reasons (e.g., the “why”) for enjoying physical activities. (S5.E3.1b) <b>PE.1.VH.9</b> Identifies the positive social interactions that come when engaged with others in physical activity.
<b>2</b>	<b>Health</b>	<b>PE.2.VH.1</b> Recognizes that God’s ideal for quality living includes a healthy lifestyle. <b>PE.2.VH.2</b> Recognizes the value of good health. (Refer to S3.E6.2) <b>PE.2.VH.3</b> Understands the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.2.VH.4</b> With support, recognizes the impact physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.2.VH.5</b> Tries new physical activities. <b>PE.2.VH.6</b> Compares physical activities that bring confidence and challenge. (S5.E2.2)
	<b>Self-expression and Enjoyment</b>	<b>PE.2.VH.7</b> Identifies physical activities that provide self-expression (e.g., gymnastics routines, participates in game activities). (S5.E3.2) <b>PE.2.VH.8</b> Identifies the positive social interactions that come when engaged with others in physical activity.
<b>3</b>	<b>Health</b>	<b>PE.3.VH.1</b> Identifies that God’s ideal for quality living includes a healthy lifestyle. <b>PE.3.VH.2</b> Discusses the relationship between physical activity and good health. (S5.E1.3) <b>PE.3.VH.3</b> Recognizes the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.3.VH.4</b> With support, recognizes the impact physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.3.VH.5</b> Participates in learning new physical activities. <b>PE.3.VH.6</b> Discusses the challenge that comes from learning a new physical activity. (S5.E2.3)
	<b>Self-expression and Enjoyment</b>	<b>PE.3.VH.7</b> Reflects on the reasons for enjoying selected physical activities. (S5.E3.3) <b>PE.3.VH.8</b> Describes the positive social interactions that come when engaged with others in physical activity or as a spectator. (S5.E4.3) <b>PE.3.VH.9</b> Recognizes that idealized images of the human body and performance, as presented by the media, may not be appropriate to imitate.
<b>4</b>	<b>Health</b>	<b>PE.4.VH.1</b> Identifies that God’s ideal for quality living includes a healthy lifestyle. <b>PE.4.VH.2</b> Examines the health benefits of participating in physical activity. (S5.E1.4) <b>PE.4.VH.3</b> Recognizes the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.4.VH.4</b> With support, recognizes the impact physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.4.VH.5</b> Participates in learning new physical activities. <b>PE.4.VH.6</b> Rates the enjoyment of participating in challenging and mastered physical activities. (S5.E2.4)
	<b>Self-expression and Enjoyment</b>	<b>PE.4.VH.7</b> Ranks the enjoyment of participating in different physical activities. (S5.E3.4) <b>PE.4.VH.8</b> Describes and compares the positive social interactions when engaged in partner, small-group, and large-group physical activities or as a spectator. (S5.E4.4) <b>PE.4.VH.9</b> Recognizes that idealized images of the human body and performance, as presented by the media, may not be appropriate to imitate.
<b>5</b>	<b>Health</b>	<b>PE.5.VH.1</b> Identifies that God’s ideal for quality living includes a healthy lifestyle. <b>PE.5.VH.2</b> Compares the health benefits of participating in selected physical activities. (S5.E1.5) <b>PE.5.VH.3</b> Applies the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.5.VH.4</b> Analyzes the impact that physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.5.VH.5</b> Seeks personally challenging activities. <b>PE.5.VH.6</b> Expresses (e.g., written essay, visual art) the enjoyment and/or challenge of participating in a favorite physical activity. (S5.E2.5)
	<b>Self-expression and Enjoyment</b>	<b>PE.5.VH.7</b> Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. (S5.E3.5) <b>PE.5.VH.8</b> Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport). (S5.E4.5) <b>PE.5.VH.9</b> Describes the importance of being a positive spectator. <b>PE.5.VH.10</b> Using a Christian perspective, distinguishes between the idealized images of the human body and performance, as presented by the media, to determine their appropriateness as a role model.
<b>6</b>	<b>Health</b>	<b>PE.6.VH.1</b> Verifies that God’s ideal for quality living includes a healthy lifestyle. <b>PE.6.VH.2</b> Describes how being physically active leads to a healthy body. (S5.M1.6) <b>PE.6.VH.3</b> Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. (S5.M2.6) <b>PE.6.VH.4</b> Applies the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.6.VH.5</b> Analyzes the impact that physical health has on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.6.VH.6</b> Seeks personally challenging activities. <b>PE.6.VH.7</b> Recognizes individual challenges and copes in a positive way (e.g., extending effort, asking for help/feedback, modifying the tasks). (S5.M3.6)
	<b>Self-expression and Enjoyment</b>	<b>PE.6.VH.8</b> Describes how moving competently in a physical activity setting creates enjoyment. (S5.M4.6) <b>PE.6.VH.9</b> Identifies how self-expression and physical activity are related. (S5.M5.6) <b>PE.6.VH.10</b> Demonstrates respect for self and others in activities, games, and as a spectator, by following the rules, encouraging others and playing in the spirit of the game or activity. (S5.M6.6) <b>PE.6.VH.11</b> Using a Christian perspective, distinguishes between the idealized images of the human body and performance, as presented by the media, to determine their appropriateness as a role model.
<b>7</b>	<b>Health</b>	<b>PE.7.VH.1</b> Verifies that God’s ideal for quality living includes a healthy lifestyle. <b>PE.7.VH.2</b> Identifies different types of physical activities and describes how each exerts a positive impact on health. (S5.M1.7) <b>PE.7.VH.3</b> Identifies positive mental and emotional aspects of participating in a variety of physical activities. (S5.M2.7) <b>PE.7.VH.4</b> Provides evidence and applies the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.7.VH.5</b> Synthesizes physical health’s impact on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.7.VH.6</b> Participates in learning new personally challenging activities. <b>PE.7.VH.7</b> Generates positive strategies (e.g., offering suggestions or assistance, leading or following others, and providing possible solutions) when faced with a group challenge. (S5.M3.7)
	<b>Self-expression and Enjoyment</b>	<b>PE.7.VH.8</b> Identifies why self-selected physical activities create enjoyment. (S5.M4.7) <b>PE.7.VH.9</b> Explains the relationship between self-expression and lifelong enjoyment through physical activity. (S5.M5.7) <b>PE.7.VH.10</b> Demonstrates the importance of social interaction by encouraging others, avoiding trash talk, and providing support to classmates. (S5.M6.7) <b>PE.7.VH.11</b> Critiques, from a Christian perspective, the idealized images of the human body and performance, as presented by the media.
<b>8</b>	<b>Health</b>	<b>PE.8.VH.1</b> Verifies that God’s ideal for quality living includes a healthy lifestyle. <b>PE.8.VH.2</b> Identifies the components of <i>health-related fitness</i> and explains the relationship to overall physical and mental health. (S5.M1.8) <b>PE.8.VH.3</b> Analyzes the empowering benefits of being physically active. (S5.M2.8) <b>PE.8.VH.4</b> Provides evidence and applies the value of adequate sleep for optimal health to assist in the building of healthy bodies. <b>PE.8.VH.5</b> Synthesizes physical health’s impact on mental, emotional, spiritual, and social well-being.
	<b>Challenge</b>	<b>PE.8.VH.6</b> Participates in learning new personally challenging activities. <b>PE.8.VH.7</b> Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. (S5.M3.8)
	<b>Self-expression and Enjoyment</b>	<b>PE.8.VH.8</b> Discusses how enjoyment could be increased in self-selected physical activities. (S5.M4.8) <b>PE.8.VH.9</b> Identifies and participates in an enjoyable activity that prompts individual self-expression. (S5.M5.8) <b>PE.8.VH.10</b> Demonstrates respect for self by asking for help and helping others in various physical activities. (S5.M6.8) <b>PE.8.VH.11</b> Demonstrates respect for others as a spectator or participant in games and activities. <b>PE.8.VH.12</b> Critiques, from a Christian perspective, the idealized images of the human body and performance, as presented by the media.