



## Office of Secondary Instruction

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District Test Coordinator

The Russellville School District **PE/HEALTH** Department aims to develop students who...

- Exhibit lifetime fitness skills
- Maintain a healthy attitude towards fitness
- Develop healthy lifestyle habits
- Adapt positively to a changing environment
- Understand the importance of lifetime fitness
- Determine and defend healthy habits
- Shall be able to demonstrate the ability to use skills to enhance relationships and promote wellness
- Will be able to analyze the characteristics relating to growth and development
- Will be able to understand components related to disease prevention and analyze behaviors to promote health
- Exhibit refusal skills
- Are able to demonstrate the ability to access valid health information, products and services that promote consumer, community and environmental health
- Are able to evaluate and synthesize from multiple sources in order to arrive at a conclusion
- Shall be able to comprehend substance use and abuse when using decision-making skills to enhance health
- Are able to examine health-enhancing behaviors to reduce health risks
- Will be able to understand concepts related to nutrition and develop skills for making healthy food choices
- Shall be able to understand movement concepts, principles and strategies that apply to the performance of physical activity
- Are able to participate in fitness activities that will promote and improve individual health
- Shall understand the importance of health benefits from participating in lifetime recreational activities
- Will be able to demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings
- Will be able to critique movement in a variety of activities by utilizing technology (e.g., videos, digital cameras, stop watches, heart monitors, pedometers, computer programs)

- Identify and apply proper concepts associated with participation in a variety of activities (e.g., weight lifting, stretching, running, breathing, warm ups)
- Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)
- Will be able to examine a variety of fitness and adventure activities to perform complex skills (e.g., dance, team individual sports, aerobics, strength training, casting a fishing rod, canoeing, hiking, cycling)
- Are able to differentiate between anaerobic and aerobic activities for improvement in endurance
- Differentiate between isotonic and isometric activities for improvement in strength and flexibility
- Will be able to differentiate between the components of the FITT formula:
  - Frequency
  - Intensity
  - Time
  - Type
- Will be able to evaluate the three basic principles of exercises as it relates to personal fitness:
  - Overload
  - Progression
  - Specificity