



*Every Student Matters, Every Moment Counts*

**Morton School District #214**

***Home of the Timberwolves!***

PO Box 1219 ~ Morton, WA, 98356

p: 360-496-5300 ~ f: 360-496-5399

[www.morton.k12.wa.us](http://www.morton.k12.wa.us)

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**Morton Jr/Sr High School**

152 Westlake Ave. ~ Morton, WA, 98356

p: 360-496-5137 ~ f: 360-496-6035

**Morton Elementary School**

400 Main Ave. ~ Morton, WA, 98356

p: 360-496-5143 ~ f: 360-496-0327

**Health and Physical Education Standards Map**

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Health Education	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Wellness				
Dimensions of Health	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Hygiene	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Disease Prevention	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Analyzing Influences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Access Valid Information	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Communication	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Decision-Making	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Goal-Setting	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Safety				
Injury Prevention	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
First Aid	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Violence Prevention	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nutrition				
Food Groups and Nutrients	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Beverages	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Label Literacy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Caloric Intake and Expenditure	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

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Health Education Continued	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Disease Prevention	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nutritional Planning	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sexual Health				
Anatomy and Physiology	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Anatomy, Reproduction, and Pregnancy			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Puberty and Development			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Growth and Development	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Prevention			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Reproduction	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
HIV Prevention	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Self-Identity	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Healthy Relationships	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Washington State Law			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Social-Emotional Health				
Self-Esteem	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Body Image	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Body Image and Eating Disorders			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Stress Management	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Expressing Emotions	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Harassment, Intimidation, and Bullying	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Emotional, Mental, and Behavioral Health			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Substance Use and Abuse				
Use and Abuse	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Effects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Prevention	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Health Education Continued	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Treatment			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Legal Consequences			<input type="checkbox"/>	<input checked="" type="checkbox"/>



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Physical Education	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Motor Skills and Movement Patterns				
Locomotor	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Nonlocomotor	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Balance	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Weight Transfer	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Rhythm	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Underhand Throw	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Overhand Throw	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Catch	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Hand Dribble	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Foot Pass/Kick	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Foot Trap/Receive	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Foot Dribble	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Strike/Volley, Hands and Arms	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Strike, Short Implement	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Strike, Long Implement	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Throw			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Pass and Receive			<input type="checkbox"/>	<input checked="" type="checkbox"/>

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Physical Education Continued	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Dribble			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Strike			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Forehand and Backhand			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Shoot			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Serve			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Volley			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Offensive Skills			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Defensive Skills			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Individual Performance Activities			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Outdoor Pursuits			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Games and Sports			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Movement and Performance				
Space	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Pathways, Levels, and Relationships	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Speed, Direction, and Force	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Strategies	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Invasion Games, Offensive Tactics			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Invasion Games, Defensive Tactics			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Invasion Games, Transitions			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Net and Wall Games, Creating Space			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Net and Wall Games, Tactics and Shots			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Field and Strike, Offensive Tactics			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Field and Strike, Defensive Tactics			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Target Games			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Movement and Rhythm			<input type="checkbox"/>	<input checked="" type="checkbox"/>

Physical Education Continued	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Outdoor Pursuits			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Strategies and Tactics			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Movement Performance			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Movement Concepts			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Training Principals and Knowledge			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Physical Activity and Fitness				
Benefit of Physical Activity	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Engagement in Physical Activity	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Health-Related Fitness	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Skill-Related Fitness	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Fitness Assessment	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Engagement in Fitness Activities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Body Systems	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nutrition	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Components of Fitness			<input type="checkbox"/>	<input checked="" type="checkbox"/>
FITT Principle			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Phases of Exercise			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Goal Setting			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Physical Activity and Nutrition Log			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Physical Activity in the Community			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Physical Activity for a Lifetime			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Training Principles			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Individual Plan			<input type="checkbox"/>	<input checked="" type="checkbox"/>

Physical Education Continued	PK-6		7-12	
	Stand-Alone Lesson	Cyclical	Stand-Alone Lesson	Cyclical
Personal and Social Behavior				
Personal Responsibility	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Rules and Etiquette	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Receiving and Providing Feedback	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Working with Others	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Safety	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Value of Physical Activity				
Challenge	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Self-Expression and Enjoyment	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Social Interaction	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>