

MOVEMENT & LEARNING OVERVIEW

FOR SKILLS-BASED HEALTH EDUCATION



TULSA HEALTH
Department
School Health Program

Movement & Learning PreK – 2nd

Oklahoma Health Standards

- Describe a variety of ways to be physically active (1.PA.2.2)
- Identify a realistic personal short-term health goal (6.GS.2.1)

Health Behavior Outcomes

PA-1: Engage in moderate to vigorous physical activity for at least 60 minutes every day.

Lesson Objectives

By the end of this lesson students will be able to:

- Identify a short-term personal health goal with the help of a trusted adult.
- Describe a variety of ways to be physically active.

References

Goal Setting. (n.d.). RMC Health. <https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/goal-setting/>

Alperin, H., & Benes, S. (2021). Lesson Planning for skills-based Elementary Health Education: Meeting the national standards. Human Kinetics, Inc.

National Consensus for School Health Education. (2022). National Health Education Standards: Model Guidance for Curriculum and Instruction (3rd Edition) www.schoolhealtheducation.org

Oklahoma State Department of Education. (2023). Oklahoma Academic Standards: Health Education. <https://sde.ok.gov/health-education>

Movement & Learning 3rd – 5th grade

Oklahoma Health Standards

- Identify ways to increase daily physical activity. (1.PA.5.1)
- Set a personal health goal. (6.GS.5.1)

Health Behavior Outcomes

PA-1: Engage in moderate to vigorous physical activity for at least 60 minutes every day.

Lesson Objectives

By the end of this lesson students will be able to:

- Set a personal health goal.
- Describe a variety of ways to be physically active.

References

Goal Setting. (n.d.). RMC Health. <https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/goal-setting/>

Alperin, H., & Benes, S. (2021). Lesson Planning for skills-based Elementary Health Education: Meeting the national standards. Human Kinetics, Inc.

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Oklahoma State Department of Education. (2023). Oklahoma Academic Standards: Health Education. <https://sde.ok.gov/health-education>