

Washington State Learning Standards Alignment for Health & Fitness			
Carone Fitness: Advanced PE I			
NUMBER		EALR	Advanced PE I
1	Fitness	The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.	Fitness logs, Exercise Library, 1.1 Fitness Assessment & Goals, 1.2 Exercise Programming, 2.1 Safety, 2.2 Components of Physical Fitness, 6.2 Nutrients, 6.2 Energy Systems
1.1.	Fitness	Develop motor skills and movement concepts as developmentally appropriate	Fitness logs, 1.2 Exercise Programming, 2.1 Safety, 2.2 Components of Physical Fitness, Exercise Library
1.2.	Fitness	Knowledge & skills to participate in a variety of physical activities	Fitness logs, 1.2 Exercise Programming, 2.1 Safety, 2.2 Components of Physical Fitness, Exercise Library
1.3.	Fitness	Understand the components of health-related physical fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	1.1 Fitness Assessment & Goal Setting, 2.2 Components of Fitness, 7.1 Post Assessment; Fitness Logs throughout
1.4	Fitness	Understand the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	1.1 Fitness Assessment & Goal Setting, 2.2 Components of Fitness, 7.1 Post Assessment; Fitness Logs throughout
1.5	Fitness	Understand the relationship of nutrition and food nutrients to physical performance and body composition.	6.2 Nutrients, 6.2 Energy Systems
2	Health	The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.	(Health)
2.1	Health	Understand foundations of Health	(Health)
2.2	Health	Understand stages of growth and development.	(Health)
2.3	Health	Understand concepts of control and prevention of disease.	(Health)
2.4	Health	Acquire skills to live safely and reduce health risks.	(Health)
3	Health	The student analyzes and evaluates the impact of real-life influences on health.	(Health)
3.1	Health	Understand how family, culture, and environmental factors affect personal health.	(Health)
3.1	Health	Evaluates health and fitness information.	(Health)
3.3	Health	Understands the impact of social skills on health	(Health)

3.4	Health	Understands the impact of emotions on health.	(Health)
3.5	Health	Applies decision-making skills related to the promotion of health	(Health)
4	Fitness	The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.	Fitness logs, Fitness Checkpoints, 1.1 Fitness Assessment and Goals, 1.2 Exercise Programming, 2.1 Safety, 2.2 Components of Physical Fitness, 7.1 Post Assessment
4.1.	Fitness	Analyze personal health and fitness information.	Fitness logs, Fitness Checkpoints, 1.1 Fitness Assessment and Goals, 1.2 Exercise Programming, 2.1 Safety, 2.2 Components of Physical Fitness, 7.1 Post Assessment
4.2.	Fitness	Develop and monitors a health and fitness plan.	Fitness logs, Fitness Checkpoints, 1.1 Fitness Assessment and Goals, 1.2 Exercise Programming, 2.1 Safety, 2.2 Components of Physical Fitness, 7.1 Post Assessment

2008 Standards; Alignment updated July 2014