

Standard ID	Standard Text	Edgenuity Lesson Name
WA.F1.	Fitness - Year One - High School	
F1.1.	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.	
F1.1.1.	Develops motor skills and movement concepts as developmentally appropriate.	
F1.1.1.1.	Applies complex motor skills and movement concepts to activities to enhance a physically active life.	
F1.1.1.1.a.	Demonstrates proficiency in complex motor skills, strategies, and rules in an increasing number of complex versions of at least two of the following: Aquatics, individual activities, team games/activities, outdoor pursuits, self-defense, or dance.	<ul style="list-style-type: none"> Activity Selection Stability & Range of Motion Team Sports Individual Sports Skills and Tactics
F1.1.1.1.b.	Evaluates the importance of practice in improving performance.	<ul style="list-style-type: none"> Physical Activity Benefits Muscular Strength and Endurance Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Skills and Tactics
F1.1.1.5.	Applies understanding of movement concepts.	
F1.1.1.5.a.	Applies activities that integrate movement concepts.	<ul style="list-style-type: none"> Movement Stability & Range of Motion Integrated Movement
F1.1.1.5.b,	Integrates biomechanical principles and uses these principles to assess performance in a variety of movement forms.	<ul style="list-style-type: none"> Movement Stability & Range of Motion Integrated Movement Muscular Strength and Endurance Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness

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F1.1.2.	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.	
F1.1.2.1.	Applies how to perform activities and tasks safely and appropriately.	
F1.1.2.1.a.	Predicts the risk level of various activities.	Beginning An Exercise Program Environmental Conditions and Safety Making Wise Personal-Safety Decisions Safe Weight Training Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention Treatment for Common Sports Injuries
F1.1.2.1.b.	Demonstrates safety in fitness activities and personal health and fitness plan.	Beginning An Exercise Program Environmental Conditions and Safety Making Wise Personal-Safety Decisions Safe Weight Training Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention Treatment for Common Sports Injuries
F1.1.2.1.c.	Uses a personal risk assessment tool before beginning physical activity (sport, fitness, leisure, or dance).	Beginning An Exercise Program Environmental Conditions and Safety Making Wise Personal-Safety Decisions Safe Weight Training Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention Treatment for Common Sports Injuries

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F1.1.2.2.	Applies skills and strategies necessary for effective participation in physical activities.	
F1.1.2.2.a.	Uses teamwork, tactical strategies, social interactions, sportsmanship, and fair play.	Activity Selection Leadership Team Sports Individual Sports Skills and Tactics Participating in Sports Being a Good Sport Diversity in Sports
F1.1.3.	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	
F1.1.3.1.	Analyzes the components of health-related fitness.	
F1.1.3.1.a.	Draws conclusions from the components of health-related fitness in setting individual fitness goals.	Physical Fitness Basics Physical Activity Benefits Physical Fitness Attitudes Health-related Fitness Fitness Evaluation Setting Healthy Goals Your Fitness Plan Beginning An Exercise Program Lifetime Fitness Aging and Fitness Time Management The Skeletal, Muscular, and Nervous Systems Stability & Range of Motion Muscular Strength and Endurance Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Factors Influencing Flexibility Physical Activity and Flexibility Safe and Effective Stretching

Standard ID	Standard Text	Edgenuity Lesson Name
F1.1.3.1.a.	Draws conclusions from the components of health-related fitness in setting individual fitness goals.	Developing Cardiorespiratory Fitness Physical Activity and Cardiorespiratory Fitness Exploring Activities for Cardiorespiratory Fitness Team Sports Individual Sports Skills and Tactics Healthy Body Composition Determining and Controlling Body Composition Diets
F1.1.3.2.	Analyzes the progress of a personal fitness plan.	
F1.1.3.2.a.	Compares and contrasts personal progress in relationship to national physical fitness standards.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Determining and Controlling Body Composition

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F1.1.3.2.b. Integrates various personal monitoring systems that assess the components of health-related fitness in relation to the FITT principle.

- Your Fitness Log
- Physical Fitness Basics
- Physical Activity Benefits
- Principles of Exercise
- Fitness Evaluation
- Setting Healthy Goals
- Your Fitness Plan
- Activity Selection
- Beginning An Exercise Program
- Lifetime Fitness
- Time Management
- Developing Muscular Strength and Endurance
- Safe Weight Training
- Exploring Exercises for Muscular Fitness
- Determining and Controlling Body Composition

F1.1.3.2.c. Integrates training principles and phases of a workout to a personal health and fitness plan.

- Your Fitness Log
- Physical Fitness Basics
- Physical Activity Benefits
- Principles of Exercise
- Fitness Evaluation
- Setting Healthy Goals
- Your Fitness Plan
- Activity Selection
- Beginning An Exercise Program
- Lifetime Fitness
- Time Management
- Developing Muscular Strength and Endurance
- Safe Weight Training
- Exploring Exercises for Muscular Fitness
- Determining and Controlling Body Composition

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F1.1.3.2.d.	Draws conclusions of the effectiveness of the personal health and fitness plan and realigns goals.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets
F1.1.4.	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	
F1.1.4.1.	Applies the components of skill-related fitness to physical activity.	
F1.1.4.1.a.	Predicts skill-related fitness in a physical activity.	Physical Fitness Basics Physical Activity Benefits Skill-related Fitness Stability & Range of Motion Team Sports Individual Sports Skills and Tactics

Standard ID	Standard Text	Edgenuity Lesson Name
F1.1.4.1.b.	Applies components of skill-related fitness in a fitness plan.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Skill-related Fitness Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Stability & Range of Motion Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Skills and Tactics Determining and Controlling Body Composition Diets
F1.1.4.1.c.	Applies components of skill-related fitness in at least two of the following different types of movement forms: Aquatics, individual activities, team sports/activities, outdoor pursuits, self-defense, and dance.	Physical Fitness Basics Physical Activity Benefits Skill-related Fitness Activity Selection Stability & Range of Motion Team Sports Individual Sports Skills and Tactics

Standard ID	Standard Text	Edgenuity Lesson Name
F1.1.4.1.d.	Shows correlation between components of skill-related and health-related fitness as it relates to overall fitness and physical performance.	Physical Fitness Basics Physical Activity Benefits Physical Fitness Attitudes Health-related Fitness Skill-related Fitness Aging and Fitness The Skeletal, Muscular, and Nervous Systems Stability & Range of Motion Muscular Strength and Endurance Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Factors Influencing Flexibility Physical Activity and Flexibility Safe and Effective Stretching Developing Cardiorespiratory Fitness Physical Activity and Cardiorespiratory Fitness Exploring Activities for Cardiorespiratory Fitness Team Sports Individual Sports Skills and Tactics Healthy Body Composition Determining and Controlling Body Composition

Standard ID	Standard Text	Edgenuity Lesson Name
F1.1.4.2.	Analyzes components of skill-related fitness as related to careers/occupations/recreation.	
F1.1.4.2.a.	Integrates components of skill-related fitness as it relates to occupations, careers, and recreation.	
		Physical Fitness Basics Physical Fitness and Lifestyle Physical Activity Benefits Skill-related Fitness Activity Selection Lifetime Fitness Aging and Fitness Fitness and Wellness Careers Stability & Range of Motion Team Sports Individual Sports Skills and Tactics
F1.1.5.	Understands relationship of nutrition and food nutrients to body composition and physical performance.	
F1.1.5.1.	Analyzes the relationship of nutrition planning to physical performance and body composition.	
F1.1.5.1.a.	Compares functions of nutrients and draws conclusions for individual needs based on dietary guidelines.	
		Lifetime Fitness Dealing with Consumer Issues The Digestive and Urinary Systems Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating

Standard ID	Standard Text	Edgenuity Lesson Name
F1.1.5.1.b.	Draws conclusions from food labels for calories, nutrient density, types of fats, empty calories, and makes recommendations on healthy choices.	Lifetime Fitness Dealing with Consumer Issues The Digestive and Urinary Systems Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
F1.1.5.1.c.	Distinguishes personal nutritional goals and monitors progress.	Lifetime Fitness Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
F1.1.5.1.d.	Compares and contrasts a diet and evaluates the relationship to physical performance.	Dealing with Consumer Issues The Skeletal, Muscular, and Nervous Systems Integrated Movement The Digestive and Urinary Systems Healthy Body Composition Determining and Controlling Body Composition Diets
F1.1.5.2.	Evaluates how nutritional requirements change.	
F1.1.5.2.a.	Evaluates how nutritional needs change based on caloric needs, basal metabolic rate, and special conditions of various populations.	A Healthy Lifestyle Lifetime Fitness Diets Food and Health Nutritional Needs Guidelines for Healthy Eating

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F1.1.5.3.	Analyzes the effectiveness of various nutritional products.	
F1.1.5.3.a.	Analyzes nutritional products and supplements for their value and effectiveness, purpose, and necessity in a healthy diet.	Making Consumer Choices Dealing with Consumer Issues Safe Weight Training Diets Food and Health Nutritional Needs Guidelines for Healthy Eating
F1.1.5.4.	Evaluates how healthy and unhealthy eating patterns impact the function of the body.	
F1.1.5.4.a.	Compares and contrasts warning signs and behaviors associated with eating disorders.	Healthy Body Composition Determining and Controlling Body Composition Diets Body Image and Eating Disorders Mental Health Disorders
F1.1.5.4.b.	Analyzes how healthy and unhealthy eating patterns impact the functioning of the human body.	A Healthy Lifestyle The Digestive and Urinary Systems Healthy Body Composition Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating Mental Health Disorders
F1.1.5.4.c.	Gives examples of health agencies available in the community.	Choosing Health Services Dealing with Consumer Issues Preventing Communicable Diseases Responding to Violence and Abuse

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F1.4.	The student effectively analyzes personal information to develop individualized health and fitness plans.	
F1.4.1.	Analyzes personal health and fitness information.	
F1.4.1.1.	Analyzes daily health and fitness habits.	
F1.4.1.1.a.	Analyzes a personal health and fitness plan, critiquing individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration).	<p>Your Fitness Log</p> <p>Physical Fitness Basics</p> <p>Physical Activity Benefits</p> <p>Principles of Exercise</p> <p>Fitness Evaluation</p> <p>Setting Healthy Goals</p> <p>Your Fitness Plan</p> <p>Activity Selection</p> <p>Beginning An Exercise Program</p> <p>Lifetime Fitness</p> <p>Time Management</p> <p>Developing Muscular Strength and Endurance</p> <p>Safe Weight Training</p> <p>Exploring Exercises for Muscular Fitness</p> <p>Team Sports</p> <p>Individual Sports</p> <p>Determining and Controlling Body Composition</p> <p>Diets</p> <p>Body Image and Eating Disorders</p> <p>Food and Health</p> <p>Nutritional Needs</p> <p>Guidelines for Healthy Eating</p>

Standard ID	Standard Text	Edgenuity Lesson Name
F1.4.1.1.b.	Sets goals for daily health and fitness improvement.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
F1.4.1.2.	Analyzes career opportunities in health and fitness.	
F1.4.1.2.a.	Compares and contrasts various career opportunities in health and fitness.	Fitness and Wellness Careers

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F1.4.2.	Develops and monitors a health and fitness plan.	
F1.4.2.1.	Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.	
4F1..2.1.a.	Chooses appropriate goal setting strategies in creating a personal health and fitness plan.	Your Fitness Log Setting Healthy Goals Your Fitness Plan Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness
F1.4.2.1.b.	Chooses time-management skills in creating a personal health and fitness plan.	Time Management Dating Relationships
F1.4.2.1.c.	Selects and participates in a variety of physical activities.	Fitness Evaluation Setting Healthy Goals Your Fitness Plan Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets

Standard ID	Standard Text	Edgenuity Lesson Name
F1.4.2.1.d.	Selects health, fitness, and nutrition concepts in developing and implementing a personal health and fitness plan, based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
F1.4.2.1.e.	Chooses a short and long-term monitoring system for a personal health and fitness plan.	Your Fitness Log Your Fitness Plan Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness
F1.4.2.1.f.	Evaluates and adjusts goals to make a new personal health and fitness plan as health/fitness/life changes occur.	Setting Healthy Goals Your Fitness Plan

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F1.4.2.2.	Understands barriers to physical activity and a healthy lifestyle.	
F1.4.2.2.a.	Describes barriers to physical activity and promotes strategies to overcome them.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Determining and Controlling Body Composition
WA.F2.	Fitness - Year Two - High School	
F2.1.	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.	
F2.1.1.	Develops motor skills and movement concepts as developmentally appropriate.	
F2.1.1.1.	Evaluates complex motor skills and movement concepts to activities to enhance a physically active life.	
F2.1.1.1.a.	Performs activities at fluid and efficient levels of movement.	
F2.1.1.1.b.	Chooses advanced sport-specific skills in selected physical activities.	Team Sports Skills and Tactics
F2.1.1.1.c.	Evaluates the importance of practice in improving performance.	Physical Activity Benefits Muscular Strength and Endurance Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Skills and Tactics

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F2.1.1.5.	Evaluates understanding of movement concepts.	
F2.1.1.5.a.	Evaluates skill performance that integrates movement concepts.	Physical Activity Benefits Muscular Strength and Endurance Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Skills and Tactics
F2.1.2.	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.	
F2.1.2.1.	Analyzes how to perform activities and tasks safely and appropriately.	
F2.1.2.1.a.	Compares the risk level of various activities.	Beginning An Exercise Program Environmental Conditions and Safety Making Wise Personal-Safety Decisions Safe Weight Training Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention Treatment for Common Sports Injuries
F2.1.2.1.b.	Analyzes the training principles used for a specific task and takes corrective action when necessary.	Beginning An Exercise Program Environmental Conditions and Safety Making Wise Personal-Safety Decisions Safe Weight Training Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention Treatment for Common Sports Injuries

Standard ID	Standard Text	Edgenuity Lesson Name
F2.1.2.1.c.	Analyzes safety issues related to health and fitness activities (sport, fitness, leisure, or dance) and personal health and fitness plan.	Beginning An Exercise Program Environmental Conditions and Safety Making Wise Personal-Safety Decisions Safe Weight Training Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention Treatment for Common Sports Injuries
F2.1.2.2.	Evaluates skills and strategies necessary for effective participation in physical activities.	Physical Fitness Basics Physical Activity Benefits Activity Selection Lifetime Fitness Leadership Team Sports Individual Sports Skills and Tactics Participating in Sports Being a Good Sport Diversity in Sports
F2.1.2.2.a.	Evaluates ways in which physical activity can provide opportunities for positive social interaction and enjoyment.	

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F2.1.2.2.b. Selects coping skills to deal with personal challenges, differences, and setbacks in physical performance.

Physical Fitness and Lifestyle
 Physical Activity Benefits
 Physical Fitness Attitudes
 Activity Selection
 Lifetime Fitness
 Leadership
 Muscular Strength and Endurance
 Developing Muscular Strength and Endurance
 Exploring Exercises for Muscular Fitness
 Skills and Tactics
 Participating in Sports
 Being a Good Sport
 Diversity in Sports

F2.1.2.2.c. Selects personal goals for improvement.

Physical Activity Benefits
 Fitness Evaluation
 Setting Healthy Goals
 Your Fitness Plan
 Beginning An Exercise Program
 Lifetime Fitness
 Time Management
 Muscular Strength and Endurance
 Developing Muscular Strength and Endurance
 Safe Weight Training
 Exploring Exercises for Muscular Fitness
 Team Sports
 Individual Sports
 Skills and Tactics
 Determining and Controlling Body Composition
 Diets

Standard ID	Standard Text	Edgenuity Lesson Name
F2.1.2.4.	Analyzes safety and the importance of fitness in the work environment.	
F2.1.2.4.a.	Compares safety issues in various occupations.	
F2.1.3.	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	
F2.1.3.1.	Evaluates the components of health-related fitness.	
F2.1.3.1.a.	Sets individual fitness goals using all components of health-related fitness.	Physical Fitness Basics Physical Activity Benefits Physical Fitness Attitudes Health-related Fitness Fitness Evaluation Setting Healthy Goals Your Fitness Plan Beginning An Exercise Program Lifetime Fitness Aging and Fitness Time Management The Skeletal, Muscular, and Nervous Systems Stability & Range of Motion Muscular Strength and Endurance Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Factors Influencing Flexibility Physical Activity and Flexibility Safe and Effective Stretching Developing Cardiorespiratory Fitness Physical Activity and Cardiorespiratory Fitness Exploring Activities for Cardiorespiratory Fitness Team Sports Individual Sports Skills and Tactics

Standard ID	Standard Text	Edgenuity Lesson Name
F2.1.3.1.a.	Sets individual fitness goals using all components of health-related fitness.	Healthy Body Composition Determining and Controlling Body Composition Diets
F2.1.3.2.	Evaluates the progress of a personal health and fitness plan.	
F2.1.3.2.a.	Critiques personal progress in relationship to national physical fitness standards.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Determining and Controlling Body Composition

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F2.1.3.2.b.	Selects a personal monitoring system that assesses the components of health-related fitness in relation to the FITT principle.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Determining and Controlling Body Composition
F2.1.3.2.c.	Chooses appropriate phases of a workout and training principles in a personal health and fitness plan.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Determining and Controlling Body Composition

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F2.1.3.2.d.	Evaluates the effectiveness of the personal health and fitness plan and realigns goals.	Your Fitness Log Physical Fitness Basics Physical Activity Benefits Principles of Exercise Fitness Evaluation Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets

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F2.1.4.	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	
F2.1.4.1.	Analyzes the components of skill-related fitness to physical activity.	
F2.1.4.1.a.	Draws conclusions and sets goals to improve personal components of skill-related fitness.	<ul style="list-style-type: none"> Physical Fitness Basics Physical Activity Benefits Skill-related Fitness Fitness Evaluation Setting Healthy Goals Your Fitness Plan Beginning An Exercise Program Lifetime Fitness Time Management Stability & Range of Motion Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Skills and Tactics Determining and Controlling Body Composition Diets
F2.1.4.1.b.	Analyzes and integrates components of skill-related fitness in at least two of the following different types of movement forms: Aquatics, individual activities, team sports/activities, outdoor pursuits, self-defense, or dance.	<ul style="list-style-type: none"> Physical Fitness Basics Physical Activity Benefits Skill-related Fitness Activity Selection Stability & Range of Motion Team Sports Individual Sports Skills and Tactics

Standard ID	Standard Text	Edgenuity Lesson Name
F2.1.4.1.c.	Compares and contrasts components of skill-related and health-related fitness to improve performance in a selected physical activity.	Physical Fitness Basics Physical Activity Benefits Physical Fitness Attitudes Health-related Fitness Skill-related Fitness Aging and Fitness The Skeletal, Muscular, and Nervous Systems Stability & Range of Motion Muscular Strength and Endurance Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Factors Influencing Flexibility Physical Activity and Flexibility Safe and Effective Stretching Developing Cardiorespiratory Fitness Physical Activity and Cardiorespiratory Fitness Exploring Activities for Cardiorespiratory Fitness Team Sports Individual Sports Skills and Tactics Healthy Body Composition Determining and Controlling Body Composition

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F2.1.4.2.	Evaluates components of skill-related fitness as related to careers/occupations/recreation.	
F2.1.4.2.a.	Selects components of skill-related fitness necessary for successful and safe performance in recreation and occupations.	Physical Fitness Basics Physical Fitness and Lifestyle Physical Activity Benefits Skill-related Fitness Activity Selection Lifetime Fitness Aging and Fitness Fitness and Wellness Careers Stability & Range of Motion Team Sports Individual Sports Skills and Tactics
F2.1.5.	Understands relationship of nutrition and food nutrients to body composition and physical performance.	
F2.1.5.1.	Evaluates the relationship of nutrition planning to physical performance and body composition.	
F2.1.5.1.a.	Chooses functions of nutrients and critiques individual needs based on activity level and dietary guidelines.	Lifetime Fitness Dealing with Consumer Issues The Digestive and Urinary Systems Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating

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F2.1.5.1.b.	Evaluates progress of physical performance and revises personal nutritional goals.	Lifetime Fitness Dealing with Consumer Issues The Skeletal, Muscular, and Nervous Systems Integrated Movement The Digestive and Urinary Systems Healthy Body Composition Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
F2.1.5.1.c.	Selects healthy ways to lose, gain, and maintain weight.	Physical Activity Benefits Lifetime Fitness Dealing with Consumer Issues Healthy Body Composition Determining and Controlling Body Composition Diets
F2.4.	The student effectively analyzes personal information to develop individualized health and fitness plans.	
F2.4.2.	Develops and monitors a health and fitness plan.	
F2.4.2.1.	Creates a plan and monitoring system using personal health, fitness, and nutrition, based on life and employment goals.	
F2.4.2.1.a.	Generates appropriate goal-setting strategies in creating a personal health and fitness plan.	Setting Healthy Goals Your Fitness Plan Time Management
F2.4.2.1.b.	Uses time-management skills in creating a personal health and fitness plan.	Time Management Dating Relationships

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F2.4.2.1.c.	Designs a personal health and fitness plan based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).	Fitness Evaluation Setting Healthy Goals Your Fitness Plan Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
F2.4.2.1.d.	Designs a short and long-term monitoring system for a personal health and fitness plan.	Setting Healthy Goals Your Fitness Plan

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F2.4.2.1.e.	Develops goals to meet changes in health/fitness/life.	Fitness Evaluation Setting Healthy Goals Your Fitness Plan Beginning An Exercise Program Lifetime Fitness Time Management Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Team Sports Individual Sports Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
WA.H.	High School Health	
H.2.	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.	
H.2.1.	Understands dimensions and indicators of health.	
H.2.1.1.	Evaluates dimensions of health and relates to personal health behaviors.	
H.2.1.1.a.	Concludes how personal wellness is negatively affected when an element(s) of dimensions of health is neglected.	Health and Wellness Physical Fitness Attitudes

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H.2.1.1.b.	Critiques health and fitness data to make predictions and recommendations for lifelong wellness.	
		Physical Fitness and Lifestyle
		Physical Activity Benefits
		Your Fitness Plan
		Activity Selection
		Lifetime Fitness
		Aging and Fitness
H.2.2.	Understands stages of growth and development.	
H.2.2.1.	Analyzes the physiological and psychological changes throughout the lifetime.	
H.2.2.1.a.	Analyzes metabolic changes as individuals transition from early to late adulthood.	
		Aging and Fitness
		Adulthood & Marriage
H.2.2.1.b.	Analyzes psychological changes as individuals transition from early to late adulthood.	
		Aging and Fitness
		Adulthood & Marriage
H.2.2.1.c.	Analyzes the importance of maintaining cardiorespiratory and muscular fitness throughout life.	
		Physical Fitness Basics
		Physical Activity Benefits
		Health-related Fitness
		Aging and Fitness
		The Skeletal, Muscular, and Nervous Systems
		Muscular Strength and Endurance
		Developing Muscular Strength and Endurance
		Exploring Exercises for Muscular Fitness
		The Cardiovascular and Respiratory Systems
		Developing Cardiorespiratory Fitness
		Physical Activity and Cardiorespiratory Fitness
		Exploring Activities for Cardiorespiratory Fitness
		Cardiovascular Diseases
		Team Sports
		Individual Sports
		Skills and Tactics

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H.2.2.2.	Understands how to maintain sexual health throughout life.	
H.2.2.2.a.	The Healthy Youth Act (RCW 28A.300.475) provides a framework for schools that choose to offer sexual health education as a component of their broader health curriculum. School districts that provide sexual health education must be in compliance with this GLE and be consistent with the 2005 Guidelines for Sexual Health and Disease Prevention.	A Healthy Lifestyle Decision Making Communication Time Management Dating Relationships Abstinence and Contraceptives
H.2.2.3.	Evaluates hereditary factors affecting growth, development, and health.	
H.2.2.3.a.	Evaluates hereditary factors using a personal health risk assessment tool.	A Healthy Lifestyle Physical Fitness and Lifestyle Heredity and Genetics Healthy Body Composition Determining and Controlling Body Composition Body Image and Eating Disorders Cancer Common Noncommunicable Diseases
H.2.2.3.b.	Draws conclusions about personal health history (heart, cancer, alcoholism, anger, stress, etc.).	A Healthy Lifestyle Physical Fitness and Lifestyle Heredity and Genetics Healthy Body Composition Determining and Controlling Body Composition Body Image and Eating Disorders Cancer Common Noncommunicable Diseases

Standard ID	Standard Text	Edgenuity Lesson Name
H.2.3.	Understands the concepts of prevention and control of disease.	
H.2.3.1.	Analyzes personal health practices, and how they affect communicable diseases.	
H.2.3.1.a.	Analyzes prevention, causative factors, transmission, and treatment of communicable diseases.	Risks of Sexually Transmitted Infections Common Sexually Transmitted Infections Preventing Communicable Diseases
H.2.3.1.b.	Analyzes how factors (personal health practices, environmental factors, policies, research, and health-care resources) affect communicable diseases.	Environmental Health Choosing Health Services
H.2.3.2.	Analyzes personal health practices, and how they affect non-communicable diseases.	
H.2.3.2.a.	Analyzes prevention, causative factors, and treatment of non-communicable diseases.	Risks of Sexually Transmitted Infections Common Sexually Transmitted Infections Preventing Communicable Diseases
H.2.3.2.b.	Analyzes non-communicable diseases associated with poor nutrition, lack of sleep, inadequate exercise, and substance abuse.	A Healthy Lifestyle Physical Activity Benefits Cardiovascular Diseases Healthy Body Composition Determining and Controlling Body Composition Body Image and Eating Disorders Cancer Common Noncommunicable Diseases
H.2.3.2.c.	Analyzes non-communicable diseases and their impact on local and/or world populations.	Environmental Health Dealing with Consumer Issues Living with HIV and AIDS Common Communicable Diseases

Standard ID	Standard Text	Edgenuity Lesson Name
H.2.4.	Acquires skills to live safely and reduce health risks.	
H.2.4.1.	Understands types of abuse and risky situations and how to respond appropriately and safely.	
H.2.4.1.a.	Describes emotional triggers and identifies responses.	<ul style="list-style-type: none"> A Healthy Lifestyle Making Wise Personal-Safety Decisions Family Relationships Responding to Violence and Abuse
H.2.4.1.b.	Understands skills related to anger management, conflict resolution, refusal skills, and situational context clues.	<ul style="list-style-type: none"> Making Wise Personal-Safety Decisions Communication Conflict Management Peer Pressure and Refusal Skills Dating Relationships Abstinence and Contraceptives Managing Emotions Healthy Friendships Responding to Violence and Abuse Choosing a Tobacco-Free Life Choosing an Alcohol-Free Life Choosing a Drug-Free Life
H.2.4.1.c.	Describes strategies used to prevent, manage, and resolve conflict in healthy ways and identifies adults, peers, and community resources that might assist in school and workplace settings.	<ul style="list-style-type: none"> Conflict Management Managing Emotions Healthy Friendships Responding to Violence and Abuse
H.2.4.1.d.	Understands appropriate/inappropriate use of technology.	
H.2.4.1.e.	Understands types of abuse and appropriate resources.	<ul style="list-style-type: none"> Mental Health Disorders Anxiety, Depression, and Suicide Grieving and Loss Family Relationships Responding to Violence and Abuse

Standard ID	Standard Text	Edgenuity Lesson Name
H.2.4.1.f.	Understands knowledge of laws, resources, and reporting procedures in school and community.	First Aid Making Wise Personal-Safety Decisions Choosing Health Services Treatment for Common Sports Injuries
H.2.4.2.	Evaluates emergency situations, ways to prevent injuries, and demonstrates skills to respond appropriately and safely.	
H.2.4.2.a.	Chooses and demonstrates first-aid procedures that are appropriate for basic life support and automatic external defibrillation (AED), caring for bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.	First Aid Treatment for Common Sports Injuries
H.2.4.3.	Analyzes stress and how it relates to personal stress-management strategies.	
H.2.4.3.a.	Compares stages of stress.	Physical Activity Benefits Stress and Health Coping with Stress
H.2.4.3.b.	Points out ways to prevent and cope with stress.	Physical Activity Benefits Grieving and Loss Stress and Health Coping with Stress
H.2.4.4.	Creates personal stress-management strategies.	
H.2.4.4.a.	Designs a plan for preventing, reducing, and coping with stress.	Physical Activity Benefits Grieving and Loss Stress and Health Coping with Stress
H.2.4.4.b.	Designs time-management plans, organizational skills, and goal-setting plans to reduce stress.	Time Management Dating Relationships

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H.2.4.5.	Analyzes the stages of addiction and dependency and the impact on the individual, family, and society.	
H.2.4.5.a.	Compares and contrasts the physical, social, and emotional indicators of possible substance abuse.	<ul style="list-style-type: none"> Alcohol and the Body Illegal Drugs Drug Use Risks Choosing a Drug-Free Life
H.2.4.5.b.	Compares and contrasts the physical and psychological stages of dependency.	<ul style="list-style-type: none"> Alcohol and the Body Illegal Drugs Drug Use Risks Choosing a Drug-Free Life
H.2.4.5.c.	Compares and contrasts types of codependency.	
H.2.4.5.d.	Distinguishes how cultural and community norms influence use and abuse of drugs.	<ul style="list-style-type: none"> Health and Wellness Decision Making Making Consumer Choices Using Tobacco Dangers of Tobacco Choosing a Tobacco-Free Life
H.2.4.6.	Understands legal implications of drug, alcohol, and tobacco use.	
H.2.4.6.a.	Interprets school, community, state, and federal laws concerning drug, tobacco, and alcohol use.	<ul style="list-style-type: none"> Dangers of Tobacco Drugs as Medicine
H.2.4.6.b.	Illustrates the relationship between alcohol and other drug use and the incidence of accidents/crimes.	<ul style="list-style-type: none"> Alcohol and the Body Illegal Drugs Drug Use Risks Choosing a Drug-Free Life

Standard ID	Standard Text	Edgenuity Lesson Name
H.2.4.6.c.	Gives examples of the physical, behavioral, and legal impacts of commonly abused substances, such as marijuana, inhalants, anabolic steroids, and party drugs.	Alcohol and the Body Illegal Drugs Drug Use Risks Choosing a Drug-Free Life
H.2.4.7.	Analyzes various treatment options and recovery processes.	
H.2.4.7.a.	Distinguishes types of treatment and support organizations to help manage addiction/dependency.	
H.3.	The student analyzes and evaluates the impact of real-life influences on health.	
H.3.1.	Understands how family, culture, and environmental factors affect personal health.	
H.3.1.1.	Analyzes how family and cultural diversity enriches and affects personal health behaviors.	
H.3.1.1.a.	Points out ways a family might influence the health of its members.	A Healthy Lifestyle Family Relationships
H.3.1.1.b.	Selects appropriate strategies to support healthy family/cultural habits on a personal level.	A Healthy Lifestyle Family Relationships
H.3.1.2.	Analyzes how environmental factors impact health.	
H.3.1.2.a.	Draws conclusions on how air, water, noise, and chemical pollution affect health.	Environmental Health
H.3.1.2.b.	Draws conclusions on environmental policies and practices and the impact on health.	Environmental Health Choosing Health Services Dealing with Consumer Issues

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H.3.1.3.	Evaluates environmental risks associated with certain occupational, residential, and recreational choices.	
H.3.1.3.a.	Critiques different occupations and analyzes potential environmental hazards associated with the career.	
H.3.1.3.b.	Compares and contrasts occupational/career choices and their relationship to health and fitness.	
H.3.1.3.c.	Concludes how family and culture impacts choosing healthy places to live, work, and recreate.	Health and Wellness Physical Fitness Attitudes Decision Making Making Consumer Choices Body Image and Eating Disorders Family Relationships
H.3.2.	Evaluates health and fitness information.	
H.3.2.1.	Evaluates health and fitness information, products, and services.	
H.3.2.1.a.	Evaluates the accuracy and usefulness of health information and products.	Making Consumer Choices
H.3.2.1.b.	Critiques reliable sources of information.	Making Consumer Choices
H.3.2.1.c.	Critiques agencies, businesses, and organizations providing reliable services.	Making Consumer Choices
H.3.2.1.d.	Weighs the effects of media and technology on personal and community health policies, products, and health promotions.	Health and Wellness Physical Fitness Attitudes Decision Making Making Consumer Choices Body Image and Eating Disorders Developing Positive Self Esteem

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H.3.2.2.	Creates health and fitness messages in media.	
H.3.2.2.a.	Develops effective health and fitness messages in media.	Health and Wellness Physical Fitness Attitudes Decision Making Making Consumer Choices Body Image and Eating Disorders Developing Positive Self Esteem
H.3.3.	Evaluates the impact of social skills on health.	
H.3.3.1.	Analyzes conflict situations.	
H.3.3.1.a.	Points out effective communication skills.	Communication Conflict Management Managing Emotions Healthy Friendships
H.3.3.1.b.	Points out a conflict arising.	Conflict Management Managing Emotions
H.3.3.1.c.	Points out effective conflict resolution skills.	Conflict Management Managing Emotions Healthy Friendships
H.3.3.1.d.	Compares and contrasts appropriate school and community resources to assist in resolving conflict situations.	
H.3.3.1.e.	Compares and contrasts the effects of positive and negative peer pressure.	Choosing Health Services Decision Making Conflict Management Peer Pressure and Refusal Skills Managing Emotions