

Health and PE K-12		4/1/2010		
K-Health	PE K	1-PE	1-Health	2-PE
911	around	flexibility	blood	glove
bruise	balance	activity	conflict	heart rate
exercise	catch	follow	cough	jogging
feelings	circling	game	dentist	joint
hand washing	elbow	goal	doctor	landing
heart	fingers	headstand	emergency	lifting
helmet	galloping	left	fever	race
hospital	head	lunging	fire safety	roll
listening	hopping	overhand throw	food group	score
name calling	jump rope	palm	healthy	skill
nurse	jumping	pass a ball	medicine	sliding
police officer	kick	player	traffic safety	speed
rash	knee	practice		sport
rest	shoulder	right		team sport
safety rule	skipping	rules		throwing arm
scratch	stretching	running		twisting
stranger	taking turns	throwing		winning
	turning	underhand throw		
	under			

2-Health	PE 3 - 5	Health 3-5	Health 7	PE 6 - 8
disease	conditioning	activity level	abstinence	aerobic
fat	cool-down	American Heart Association	anemia	agility
feelings of others	warm-up	calorie	anorexia	anaerobic
fever	strategy	drug abuse	asthma	body mass (BMI)
gums	endurance	exercise program	bacteria	cardiovascular
human body	fitness level	first aid	cancer	extra-curricular sports
illness	increased heart rate	food groups	chronic disease	fatigue
injury	lifetime sport	food label	consequence	feed back
lungs	personal space	mood swing	CPR	fitness goal
teeth	physical fitness test	nutrition	denial	flexibility
nutrition	self-assessment	peer pressure	depression	heart rate recovery
	sport etiquette	physical fitness	diabetes	injury
	sportsmanship	responsibility	drug dependency	isometric exercise
		self-control	emphysema	life time fitness
		social pressure	health risk	muscle cramp
		tobacco abuse	heart disease	muscle endurance
		wellness	Heimlich maneuver	muscle soreness
			hygiene	muscle strength
			immunization	repetition
			nutrients	resting heart rate
			prejudice	self-assessment
			prevention	sprain
			self-discipline	static stretch
			self-esteem	strain
			stress management	strategy
			tolerance	target heart rate
			well-being	weight training

PE 9	Team Sports 10-12	Lifetime sports	Weights
contraceptive	8-base kickball	badminton	cardio-respiratory endurance
alcohol	ability	bowling	concentric contraction
antioxidant	cycle	compete	dips
arrest	hand ball	cool-down	dynamic stretch
biopsy	height	curling	eccentric contraction
birth	hockey	fitness	free weight training
birth control	kill ball	frisbee	horizontal
carbs	net	goal	incline
chlamydia	pace	intramural	isometric contraction
condoms	plyometric	lifetime activity	lateral
dietician	raquet	locomotor	lower body
disease	receive	overhand serve	muscular endurance
fiber	run	participation	muscular strength
Herpes	serve	pickle ball	Olympic lifting
HIV/AIDS	shooting	puck	plyometric
HPV	speed	score	power
hypoglycemic	speed ball	serve	procedure
IUD	tennis	set	range of motion
marijuana	triangles	spring	reps
meth	vertical	strike	resting heart rate
obesity	volleyball	teamwork	sets
overeating		tennis	snatch
poison		ultimate FB	speed
protein		volley	sport specific
pubic lice		walking	squat
pulse		warm-up	stance
rhythm method			static stretch
			target heart rate
			upper body
			vertical