


Performance-Related Nutrition Education in *Physical Education*

**Presented at Spring 2009 SHAPE workshops
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Physical Education

- Sequential Instructional program
- Credentialed Teachers
- Accountability for Learning of content

Physical Activity

- Activity Program
- Physical Activity specialists
- Outcomes focused on measures of activity

Content Standards

- Clear statements of *WHAT* students should KNOW and be able to DO at each grade level.



Physical Education Content Standards

Students demonstrate:

- motor skills and movement patterns needed to perform a variety of physical activities.
- knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.



Physical Education Content Standards

- **Students assess and maintain a level of physical fitness to improve health and performance.**
- **Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.**

Physical Education Content Standards

- **Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.**



What Do Teachers Do With Standards ?

- **Reveal Content**
- **Determine evidence of learning**
- **Design or select assessment tools**
- **Design or build instructional sequences**
- **Collect data - - make new decisions**

Authentic Content Links

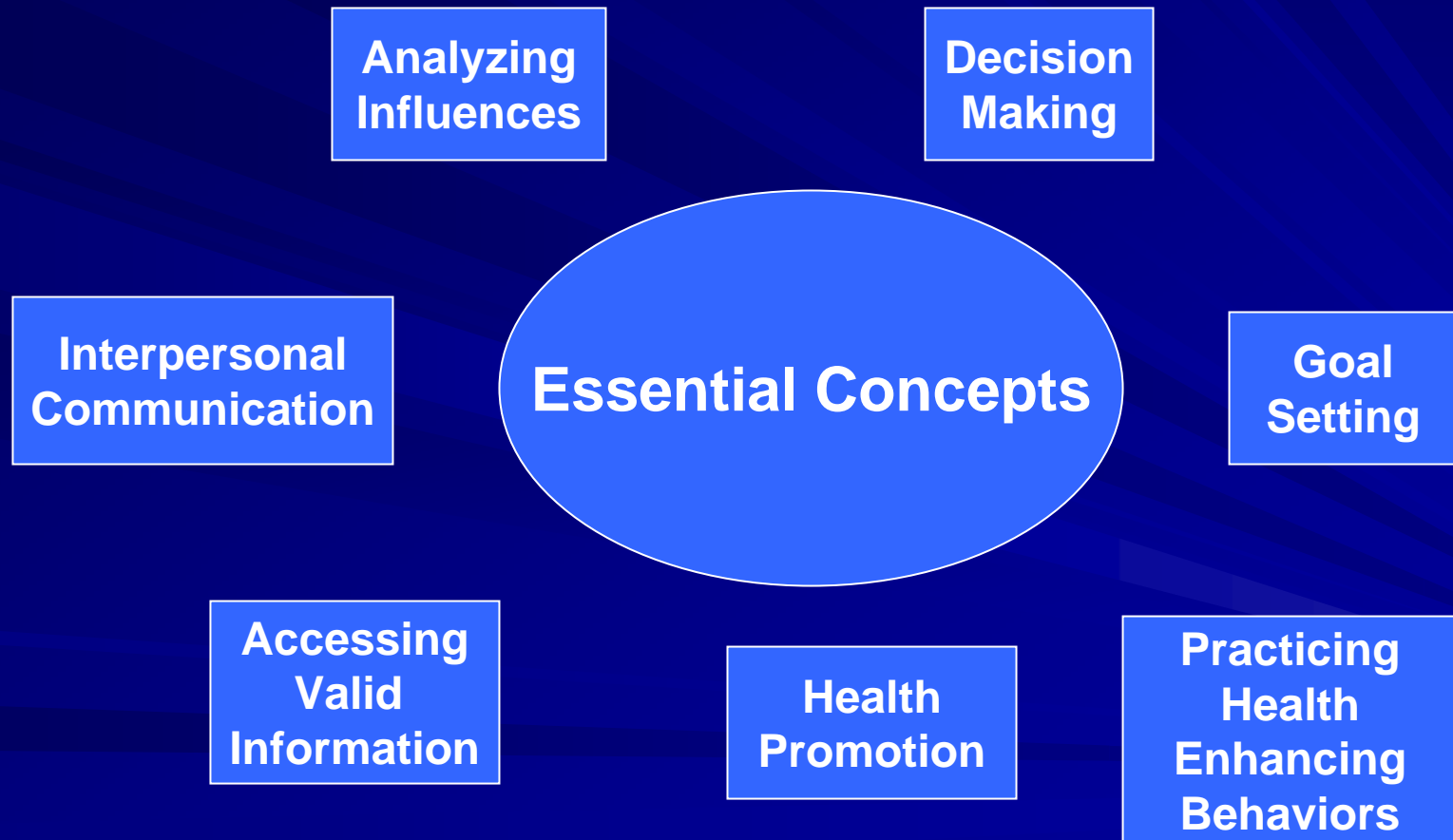
- Important to form real connections in curriculum that create benefit
- Must link the content from both subjects authentically
- Example of an ineffective /connections link:
 - California Mission project-“running from mission to mission”



Nutrition Education

■ Home is Health Education

Health Education Content Standards



Nutrition Education

Health Education Content Standards

- Identify nutrients and their relationships to health. GR 7 & 8
- Identify the impact of nutrition on chronic disease. GR 7 & 8
- Plan a nutritious breakfast Kinder
- Use a decision making process to identify healthy foods for meals and snacks. GR 5

More

- Explain the importance of variety and moderation in food selection and consumption. HS
- Describe how to take more personal responsibility for eating healthy foods.
- Educate family and peers about choosing healthy foods.



Performance Related Nutrition Content Standards Physical Education

■ Grades K-12

■ Overarching Standard 4

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.



Performance Related Nutrition



Performance Related Nutrition Content Standards

Kindergarten

4.2 Describe the role of water as an essential nutrient for the body.

4.3 Explain that nutritious food provides energy for physical activity.



Performance Related Nutrition Content Standards

Grade 2

- 4.4 Discuss how body temperature and blood volume are maintained during physical activity when an adequate amount of water is consumed.
- 4.5 Explain how the intensity and duration of exercise, as well as nutritional choices, affect fuel use during physical activity.

Performance Related Nutrition Content Standards

Grade 4

- 4.6 Explain why the body uses a higher percentage of carbohydrates for fuel during high intensity physical activity and a higher percentage of fat for fuel during low-intensity physical activity.

Performance Related Nutrition Content Standards

Grade 5

- 4.1 Record and analyze food consumption for one day and make a plan to replace foods with healthier choices and adjust quantities to enhance performance in physical activity.
- 4.2 Explain why dehydration impairs temperature regulation and physical and mental performance.

Performance Related Nutrition Content Standards

Grade 6

- 4.7 Compile and analyze a log noting the food intake/calories consumed and energy expended through physical activity.

Performance Related Nutrition Content Standards

Grade 7

4.5 Describe the role of physical activity and nutrition in achieving physical fitness.

Performance Related Nutrition Content Standards

High School Course 2

- 2.9 Identify and evaluate ergogenic aids that claim to enhance body composition, appearance, physical fitness, and performance.



Instructional Materials

Performance related Nutrition Content Physical Education Setting

- Grades K-3
- Grades 4-8
- Grades 9-12

Features

Complete Lesson Plans

- 50% or more to the lesson: MVPA
- Task cards, assessment tools, worksheets, etc.
- Needs of English Learners, GATE students addressed
- Technology components
- References and Resources

Accessing the Free Instructional Materials

- <http://sites.google.com/a/cdph.ca.gov/physical-activity-integration/pa-specialists-only/pa-resources>