



Healthy Futures Supports Our Values

Healthy Futures supports:

- National Standards for Physical Education
- Anchorage School District's Mission
- Anchorage School District's Wellness Policy
- Anchorage School District's Physical Education Curriculum K-12
- America's and Anchorage's Promise Goals
- Alaska Content Standards

Connections Between Healthy Futures and National Standards for Physical Education

A physically educated student...

1. Demonstrates **competency in motor skills and movement patterns** needed to perform a variety of physical activities.
2. Demonstrates **understanding of movement concepts, principles, strategies, and tactics** as they apply to the learning and performance of physical activities.
3. **Participates regularly** in physical activity.
4. Achieves and maintains a **healthy-enhancing level of physical fitness**.
5. **Exhibits responsible personal and social behavior** that respects self and others in physical activity settings.
6. **Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

Connections Between Healthy Futures and the Anchorage School District's Mission

ASD's Mission is to educate all students for success in life. Research proves physically active students improve their academic performance. Achievement scores were found to increase with increased levels of physical fitness.

Connections Between Healthy Futures and the Anchorage School District's Wellness Policy

"Schools will provide **nutrition education and physical education to foster lifelong habits of healthy eating and physical activity** with the goal of promoting overall student wellness. Linkages will be established between nutrition education and school meal programs." Use of activity/fitness logs over several consecutive months foster positive development of a healthy habit and link good nutrition with daily physical activity.

Connections Between Healthy Futures and the Anchorage School District's Physical Education Curriculum K-12

Elementary School: "Exploration in performing a variety of locomotor, non-manipulative and manipulative skills is the major focus at the elementary level... **Physical fitness activities and developmentally appropriate fitness/wellness concepts** will be integrated into skill theme lessons."

Middle School: "The Middle School/Junior High refines the motor skills introduced in the elementary curriculum through participation in a wide variety of activities... Units in dance, **fitness and outdoor winter activities are required...**"

High School: "Curriculum emphasis at the high school level shifts away from the development of sports skills to an emphasis on **personal fitness and the importance of an active lifestyle**. In order to ensure that all students will exit with **the knowledge-base and skills to achieve and maintain good health**, all students will be required to take one semester of Lifetime Personal Fitness. Additionally, students must take at least one semester of a lifetime activity class. The reinforcement of basic knowledge of fitness principles, as well as active participation in fitness activities will occur in every class. Students will learn how to analyze various sports and recreational pursuits according to their health and wellness related benefits."

Connections Between Healthy Futures and America's and Anchorage's Promise Goals

The Five Promises: Significant research shows that if the Five Promises, as defined by America's Promise, are consistently fulfilled, they can significantly advance the **health and well being of the next generation** -increasing the chances of youth becoming successful adult.

1. Caring adults - ongoing relationships with caring adults - parents, mentors, tutors, or **coaches**
2. Safe places - **Safe places with structured activities** during non-school hours
3. Healthy start - **Adequate nutrition, health care and exercise**
4. Marketable skills- Marketable skills through effective education
5. Opportunities to serve - Opportunities to give back through community service

Healthy Futures and Alaska Content Standards Connections

Content standards include **Skills For A Healthy Life** where a student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

1. **Understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors.**
2. **Understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions.**
3. **Use knowledge and skills related to physical fitness, consumer health, independent living and career choices to contribute to well-being.**

