**Section 26.360 Curriculum: Physical Development and Health**

The competent elementary teacher understands the comprehensive nature of students' physical, emotional, and social well-being; understands the role of human movement and physical activity as elements central to active, healthy lifestyles; and promotes all students' ability to develop and practice skills that contribute to good health and enhanced quality of life.

a) Knowledge Indicators – The competent elementary teacher:

1) understands concepts related to movement, sports, and team-building skills.

2) understands human body, the systems of the human body, physical fitness concepts and practices, and interrelationships between fitness and body systems.

3) understands basic principles and practices of personal, interpersonal, and community health and safety.

4) understands conflict resolution and its relationship to health and well-being.

b) Performance Indicators – The competent elementary teacher:

1) uses communication and decision-making skills to promote personal, interpersonal, and community health and well-being.

2) promotes and adapts skills that contribute to health and safety.

3) provides opportunities for individual and team physical activities.

4) models, teaches, and promotes conflict resolution and its relationship to health and well-being.

5) selects and uses a wide range of instructional resources and technologies to support physical development and health.