

Regulatory Analysis Form

This space for use by IRRC

(1) Agency

State Board of Education

(2) I.D. Number (Governor's Office Use)

#006-276

IRRC Number: 2253

(3) Short Title

Academic Standards and Assessment—Appendix D

(4) PA Code Cite

22 Pa. Code Chapter 4

(5) Agency Contacts & Telephone Numbers

Primary Contact: Peter H. Garland
787-3787

(6) Type of Rulemaking (check one)

Proposed Rulemaking X
Final Order Adopting Regulation
Final Order, Proposed Rulemaking Omitted

(7) Is a 120-Day Emergency Certification Attached?

No X
Yes: By the Attorney General
Yes: By the Governor

(8) Briefly explain the regulation in clear and nontechnical language.

This regulation sets forth academic standards to be attained by students in public schools. The proposed revisions to Chapter 4 would establish standards for arts and humanities; health, safety and physical education; and family and consumer sciences in Appendix D of the chapter.

(9) State the statutory authority for the regulation and any relevant state or federal court decisions.

The Public School Code of 1949 (24 P.S. §§ 1-101—27-2702).

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(10) Is the regulation mandated by any federal or state law or court order, or federal regulation? If yes, cite the specific law, case or regulation, and any deadlines for action.

This proposed amendment to the regulation is not mandated by federal statute or court order. The enabling statute for the State Board of Education requires it to “establish standards governing the educational program of the Commonwealth” (24 P.S. 26-2603-B(a)).

(11) Explain the compelling public interest that justifies the regulation. What is the problem it addresses?

Academic standards and assessments add clarity and focus to the educational programs of the public schools. Academic standards in arts and humanities; health, safety and physical education; and family and consumer sciences will ensure that students throughout the Commonwealth develop comparable skills and knowledge in these disciplines.

(12) State the public health, safety, environmental or general welfare risks associated with nonregulation.

Academic standards ensure that students in the Commonwealth are provided an education to develop the skills and knowledge necessary to succeed in an increasingly competitive world.

(13) Describe who will benefit from the regulation. (Quantify the benefits as completely as possible and approximate the number of people who will benefit.)

The approximately 1.8 million students enrolled in the Commonwealth’s public schools will be the direct beneficiaries. Businesses, parents and citizens generally will benefit from public school graduates demonstrating the attainment of high standards.

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(14) Describe who will be adversely affected by the regulation. (Quantify the adverse effects as completely as possible and approximate the number of people who will be adversely affected.)

No adverse effect is anticipated.

(15) List the persons, groups or entities that will be required to comply with the regulation. (Approximate the number of people who will be required to comply.)

All public schools of the Commonwealth (including intermediate units, area vocational-technical schools and public charter and alternative schools), their students and professional employees.

(16) Describe the communications with and input from the public in the development and drafting of the regulation. List the persons and/or groups who were involved, if applicable.

Draft standards were developed in consultation with educators and subject-area experts. After receiving the draft standards from the Department, the Board conducted a series of regional roundtable discussions to gain input from teachers, parents, teacher educators, administrators and other interested parties. An external expert was retained to review and offer suggestions for improvement. After revisions, the draft standards were the subject of 3 regional public hearings. Further revisions were made prior to the Board's voting their intention to adopt these academic standards.

(17) Provide a specific estimate of the costs and/or savings to the regulated community associated with compliance, including any legal, accounting or consulting procedures which may be required.

N/A

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(18) Provide a specific estimate of the costs and/or savings to local governments associated with compliance, including any legal, accounting or consulting procedures which may be required.

Costs to implement this regulation may include curriculum development and the professional development of teachers. These costs vary by school district. Curriculum development is an ongoing activity for schools and is typically part of their normal budgeting. Costs associated with aligning curricula with these standards at the local level will be minimized by the following efforts: technical assistance in curriculum development provided by Department staff; detailed implementation materials developed by the Department, intermediate units and professional associations and to school districts; and the Standards Implementation Project which funds Intermediate Unit services throughout the Commonwealth supporting the implementation of these and other standards.

Professional development of teachers is an ongoing activity for schools and is addressed in the normal budgeting of school districts. Specific programs designed to support the implementation of these standards will minimize any financial impact on school districts. These programs include professional development provided through the Standards Implementation Project and the Governor's Institutes for Teachers. Act 48 of 1999 established a requirement for all educators to engage in continuing professional education, further requires the Department to provide 40 hours of professional development annually at no cost to teachers. On-line, professional development courses are being developed in these disciplines. Current year funds available to the Department to support professional development are approximately \$340,000

(19) Provide a specific estimate of the costs and/or savings to state government associated with the implementation of the regulation, including any legal, accounting, or consulting procedures which may be required.

See # 18

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(20) In the table below, provide an estimate of the fiscal savings and costs associated with implementation and compliance for the regulated community, local government, and state government for the current year and five subsequent years.

	Current FY Year	FY +1 Year	FY +2 Year	FY +3 Year	FY +4 Year	FY +5 Year
SAVINGS:	\$	\$	\$	\$	\$	\$
Regulated						
Local Government						
State Government						
Total Savings						
COSTS:						
Regulated						
Local Government						
State Government	340,000	340,000	340,000	340,000	340,000	340,000
Total Costs						
REVENUE LOSSES:						
Regulated						
Local Government						
State Government						
Total Revenue Losses						

(20a) Explain how the cost estimates listed above were derived.

Current year funds are described in #18 and include nonrecurring costs for development and distribution of instructional materials and curriculum alignment activities. Subsequent year funds include costs for Governor's Academies and ongoing technical assistance. These are funds specific to academic standards in these disciplines; funds to support other standards are not included in this calculation.

Regulatory Analysis Form

(20b) Provide the past three year expenditure history for programs affected by the regulation.

Program	FY -3	FY -2	FY -1	Current FY
Sci/Env Stds	-----	\$120,000	\$180,000	\$340,000

(21) Using the cost-benefit information provided above, explain how the benefits of the regulation outweigh the adverse effects and costs.

It is not possible to estimate costs that schools may incur in developing curricula aligned with these standards and in providing professional development to teachers that is not part of the current curriculum and professional development activities of schools. School districts and area vocational-technical schools will receive over \$4 billion in FY 2000-01 to fund instructional programs for students. This funding will assist in meeting additional expenditures that may be necessary to implement clear, rigorous standards. Additional expenditures are justified by the need to ensure high school graduates are more able to meet the demands of the workplace, higher education and to remain lifelong learners.

(22) Describe the nonregulatory alternatives considered and the costs associated with those alternatives. Provide the reasons for their dismissal.

Nonregulatory alternatives were not considered since this is a revision of existing regulation.

(23) Describe alternative regulatory schemes considered and the costs associated with those schemes. Provide the reasons for their dismissal.

N/A

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(24) Are there any provisions that are more stringent than federal standards? If yes, identify the specific provisions and the compelling Pennsylvania interest that demands stronger regulation.

Because there are no federal standards, these regulations are not more stringent.

(25) How does this regulation compare with those of other states? Will the regulation put Pennsylvania at a competitive disadvantage with other states?

Most states have or are developing academic standards in these disciplines. The proposed regulation will not put Pennsylvania at a competitive disadvantage.

(26) Will the regulation affect existing or proposed regulations of the promulgating agency or other state agencies? If yes, explain and provide specific citations.

No.

(27) Will any public hearings or informational meetings be scheduled? Please provide the dates, times, and locations, if available.

No additional public hearings on these academic standards are planned during the public comment period.

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(28) Will the regulation change existing reporting, record keeping, or other paperwork requirements? Describe the changes and attach copies of forms or reports which will be required as a result of implementation, if available.

The final-form regulation will not change existing reporting, record keeping or other paperwork requirements.

(29) Please list any special provisions which have been developed to meet the particular needs of affected groups or persons including, but not limited to, minorities, elderly, small businesses, and farmers.

N/A

(30) What is the anticipated effective date of the regulation; the date by which compliance with the regulation will be required; and the date by which any required permits, licenses or other approvals must be obtained?

Effective upon publication.

(31) Provide the schedule for continual review of the regulation.

The effectiveness of Chapter 4 will be reviewed by the State Board of Education every 4 years, in accordance with the Board's policy and practice respecting all regulations promulgated by the Board.

FACE SHEET
FOR FILING DOCUMENTS
WITH THE LEGISLATIVE REFERENCE BUREAU
(Pursuant to Commonwealth Documents Law)

DO NOT WRITE IN THIS SPACE

<p>Copy below is hereby approved as to form and legality. Attorney General</p> <p><i>[Signature]</i> BY: _____ (DEPUTY ATTORNEY GENERAL)</p> <p>JAN 23 2002 DATE OF APPROVAL</p> <p><input type="checkbox"/> Check if applicable Copy not approved. Objections attached.</p>	<p>Copy below is hereby certified to be a true and correct copy of a document issued, prescribed or promulgated by:</p> <p>State Board of Education (AGENCY)</p> <p>DOCUMENT/FISCAL NOTE NO. 006-216</p> <p>DATE OF ADOPTION: _____</p> <p>BY: <i>[Signature]</i> _____</p> <p>TITLE: Executive Director (EXECUTIVE OFFICER, CHAIRMAN OR SECRETARY)</p>	<p>Copy below is hereby approved as to form and legality. Executive or Independent Agencies.</p> <p><i>[Signature]</i> BY: _____</p> <p>1/2/02 DATE OF APPROVAL</p> <p>(Deputy General Counsel) (Chief Counsel, Independent Agency) (Strike inapplicable title)</p> <p><input type="checkbox"/> Check if applicable. No Attorney General approval or objection within 30 days after submission.</p>
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Proposed Rulemaking

State Board of Education
Title 22 - Education
Chapter 4
Appendix D: Academic Standards for
Arts and Humanities,
Health, Safety, and Physical Education
And
Family and Consumer Sciences

PREAMBLE

DEPARTMENT OF EDUCATION STATE BOARD OF EDUCATION 22 PA. CODE – EDUCATION CHAPTER 4: ACADEMIC STANDARDS AND ASSESSMENT

The State Board of Education proposes to amend Title 22 of the Pennsylvania Code by amending Chapter 4 (Academic Standards and Assessment) to add academic standards in arts and humanities; health, safety and physical education; and family and consumer science, as set forth in Annex A, under authority of the Public School Code of 1949 (24 P.S. §§ 1-101 – 27-2702).

Purpose

Proposed amendments to Chapter 4 will add academic standards in arts and humanities; health, safety and physical education; and family and consumer sciences. The purpose of adding these requirements is to specify academic standards to be achieved by students enrolled in the public schools (including public charter schools) of this Commonwealth.

Requirements of the Regulations

Proposed amendments to Chapter 4 define the standards in the arts and humanities; health, safety and physical education; and family and consumer sciences to be achieved by students in the public schools. Standards for arts and humanities are

organized in four areas: (1) production, performance and exhibition of dance, music, theatre, and visual arts; (2) historical and cultural contexts; (3) critical response; and (4) aesthetic response. Specific standards describe what students should know and be able to do by the end of third, fifth, eighth, and twelfth grade.

Standards for health, safety and physical education are organized in five areas: (1) concepts of health; (2) healthful living; (3) safety and injury protection; (4) physical activity; and (5) concepts, principles and strategies of movement. Standards for family and consumer sciences are organized in four areas: (1) financial and resource management; (2) balancing family, work and community responsibility; (3) food science and nutrition; and (4) child development. Specific standards for health, safety and physical education, and family and consumer science describe what students should know and be able to do by the end of third, sixth, ninth and twelfth grade.

Affected Parties

The proposed amendments to Chapter 4 affect the students and professional employees of the public schools of the Commonwealth (including intermediate units, area vocational-technical schools, public charter and alternative schools).

Cost and Paperwork Estimates

Costs to implement this regulation may include curriculum development and the professional development of teachers. These costs vary by school district. Curriculum development is an ongoing activity for schools and is typically part of their normal budgeting. Costs associated with aligning curricula with these standards at the local level will be minimized by the following efforts: technical assistance in curriculum development provided by Department staff; detailed implementation materials developed by the Department , intermediate units and professional associations and provided to school districts; and the Standards Implementation Project which funds Intermediate Unit services throughout the Commonwealth supporting the implementation of these and other standards.

Professional development of teachers is an ongoing activity for schools and is addressed in the normal budgeting of school districts. Specific programs designed to support the implementation of these standards will minimize any financial impact on school districts. Professional development is provided through Governor's Institutes for Teachers (currently provided in the Arts, Humanities, and Health Safety and Physical Education). In addition, Act 48 of 1999 establishing a requirement for all educators to engage in continuing professional education, further requires the Department to provide 40 hours of professional development annually at no cost to teachers. On-line, professional development courses are being developed for Arts and Humanities and Family and Consumer Science. Current year funds available to the Department to support professional development are \$340,000.

Effective Date

These amendments to Chapter 4 will become effective upon final publication in the Pennsylvania Bulletin.

Sunset Date

The effectiveness of Chapter 4 will be reviewed by the State Board of Education every 4 years, in accordance with the Board's policy and practice respecting all regulations promulgated by the Board. Thus, no sunset date is necessary.

Regulatory Review

Under Section 5(a) of the Regulatory Review Act (71 P.S. § 745.5(a)), the State Board submitted a copy of this proposed rulemaking on **(DATE)** to the Independent Regulatory Review Commission (IRRC) and to the Chairpersons of the House and Senate Committees on Education. In addition to submitting the proposed rulemaking, the Board has provided IRRC and the Committees with a copy of a detailed Regulatory Analysis Form prepared by the Board in compliance with Executive Order 1996-1, "Regulatory Review and Promulgation". A copy of this material is available to the public upon request.

Under section 5(g) of the Regulatory Review Act, if the Committees have any objections to any portion of the proposed rulemaking, they will notify the Board within 20 days of the close of the public comment period.. If IRRC has any objections to any portion of the proposed rulemaking, it will notify the Board within 10 days of the close of the Committees' review period. The notification shall specify the regulatory review criteria which have not been met by that portion. The act specifies detailed procedures for review, prior to final publication of the regulations, by the Board, the General Assembly and the Governor of objections raised.

Public Comments and Contact Person

Interested persons are invited to submit written comments, suggestions or objections regarding this proposal to Peter H. Garland, Executive Director of the State Board of Education, 333 Market Street, Harrisburg, PA 17126-0333 within 30 days following publication in the Pennsylvania Bulletin.

Persons with disabilities needing an alternative means of providing public comment may make arrangements by calling Dr. Peter Garland at (717) 787-3787 or TDD (717) 787-7367.



Peter H. Garland

Executive Director

Annex A
Title 22: EDUCATION
CHAPTER 4

APPENDIX D

Academic Standards for Arts and Humanities

and

Health, Safety, and Physical Education

and

Family and Consumer Sciences

Proposed Academic Standards for the Arts and Humanities



Pennsylvania Department of Education

Proposed Academic Standards for the Arts and Humanities

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Proposed Academic Standards for the Arts and Humanities

XXVI. INTRODUCTION

The Proposed Academic Standards for the Arts and Humanities describe what students should know and be able to do at the end of grades 3, 5, 8 and 12 in the visual and performing arts and the understanding about humanities context within the arts. The arts include dance, music, theatre and visual arts. The arts and the humanities are interconnected through the inclusion of history, criticism and aesthetics. In addition, the humanities include literature and language, philosophy, social studies and world languages. The areas encompassed in the humanities such as jurisprudence, comparative religions and ethics are included among other standards documents. The interconnected arts and humanities areas are divided into these standards categories:

- ◇ 9.1. Production, Performance and Exhibition of Dance, Music, Theatre and Visual Arts
- ◇ 9.2. Historical and Cultural Contexts
- ◇ 9.3. Critical Response
- ◇ 9.4. Aesthetic Response

The Proposed Academic Standards for the Arts and Humanities define the content for planned instruction that will result in measurable gains for all students in knowledge and skills and provide a basis of learning for continued study in the arts. The unifying themes of production, history, criticism and aesthetics are common to each area of study within the Proposed Academic Standards in the Arts and Humanities.

- Dance Education is a kinesthetic art form that satisfies the human need to respond to life experiences through movement of the physical being.
- Music Education is an aural art form that satisfies the human need to respond to life experiences through singing, listening and/or playing an instrument.
- Theatre Education is an interdisciplinary art form that satisfies the human need to express thoughts and feelings through written text, dramatic interpretation and multimedia production.
- Visual Arts Education is a spatial art form that satisfies the human need to respond to life experiences through images, structures and tactile works.
- Humanities Education is the understanding and integration of human thought and accomplishment.

Proposed Academic Standards for the Arts and Humanities

Knowledge of the Proposed Academic Standards for the Arts and Humanities incorporates carefully developed and integrated components:

- Application of problem solving skills
- Extensive practice in the comprehension of basic symbol systems and abstract concepts
- Application of technical skills in practical production and performance
- Comprehension and application of the creative process
- Development and practice of creative thinking skills
- Development of verbal and non-verbal communication skills

These standards provide the targets essential for success in student learning in arts and humanities. They describe the expectations for students' achievement and performance throughout their education in Pennsylvania schools. Utilizing these standards, school entities can develop a local school curriculum that will meet their students' needs.

The arts represent society's capacity to integrate human experience with individual creativity. Comprehensive study of the arts provides an opportunity for all students to observe, reflect and participate both in the arts of their culture and the cultures of others. Sequential study in the arts and humanities provides the knowledge and the analytical skills necessary to evaluate and critique a media-saturated culture. An arts education contributes to the development of productive citizens who have gained creative and technological knowledge necessary for employment in the 21st Century.

A glossary is included to assist the reader in understanding terminology contained in the standards.

Proposed Academic Standards for the Arts and Humanities

9.1. Production, Performance and Exhibition of Dance, Music, Theatre and Visual Arts			
9.1.3. GRADE 3	9.1.5. GRADE 5	9.1.8. GRADE 8	9.1.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Know and use the elements and principles of each art form to create works in the arts and humanities.</p> <ul style="list-style-type: none"> • Elements <ul style="list-style-type: none"> ➤ Dance: • energy/force • space • time ➤ Music: • duration • intensity • pitch • timbre ➤ Theatre: • scenario • script/text • set design ➤ Visual Arts: • color • form/shape • line • space • texture • value • Principles <ul style="list-style-type: none"> ➤ Dance: • choreography • form • genre • improvisation • style • technique ➤ Music: • composition • form • genre • harmony • rhythm • texture ➤ Theatre: • balance • collaboration • discipline • emphasis • focus • intention • movement • rhythm • style • voice ➤ Visual Arts: • balance • contrast • emphasis/focal point • movement/rhythm • proportion/scale • repetition • unity/harmony 			
<p>B. Recognize, know, use and demonstrate a variety of appropriate arts elements and principles to produce, review and revise original works in the arts.</p> <ul style="list-style-type: none"> • Dance: • move • perform • read and notate dance • create and choreograph • improvise • Music: • sing • play an instrument • read and notate music • compose and arrange • improvise • Theatre: • stage productions • read and write scripts • improvise • interpret a role • design sets • direct • Visual Arts: • paint • draw • craft • sculpt • print • design for environment, communication, multi-media 			
C. Recognize and use fundamental vocabulary within each of the arts forms.	C. Know and use fundamental vocabulary within each of the arts forms.	C. Identify and use comprehensive vocabulary within each of the arts forms.	C. Integrate and apply advanced vocabulary to the arts forms.

Proposed Academic Standards for the Arts and Humanities

<p>D. Use knowledge of varied styles within each art form through a performance or exhibition of unique work.</p> <p>E. Demonstrate the ability to define objects, express emotions, illustrate an action or relate an experience through creation of works in the arts.</p> <p>F. Identify works of others through a performance or exhibition (e.g., exhibition of student paintings based on the study of Picasso).</p> <p>G. Recognize the function of rehearsals and practice sessions.</p> <p>H. Handle materials, equipment and tools safely.</p> <ul style="list-style-type: none"> • Identify materials used. • Identify issues of cleanliness related to the arts. • Recognize some mechanical/electrical equipment. • Recognize differences in selected physical space/environments. • Recognize the need to select safe props/stage equipment. • Identify methods for storing materials in the arts. 	<p>D. Describe and use knowledge of a specific style within each art form through a performance or exhibition of a unique work.</p> <p>E. Know and demonstrate how arts can communicate experiences, stories or emotions through the production of works in the arts.</p> <p>F. Describe works of others through performance or exhibition in two art forms.</p> <p>G. Identify the function and benefits of rehearsal and practice sessions.</p> <p>H. Use and maintain materials, equipment and tools safely.</p> <ul style="list-style-type: none"> • Describe some materials used. • Describe issues of cleanliness related to the arts. • Describe types of mechanical/electrical equipment usage. • Know how to work in selected physical space/environments. • Identify the qualities of safe props/stage equipment. • Describe methods for storing materials in the arts. 	<p>D. Demonstrate knowledge of at least two styles within each art form through performance or exhibition of unique works.</p> <p>E. Communicate a unifying theme or point of view through the production of works in the arts.</p> <p>F. Explain works of others within each art form through performance or exhibition.</p> <p>G. Explain the function and benefits of rehearsal and practice sessions.</p> <p>H. Demonstrate and maintain materials, equipment and tools safely.</p> <ul style="list-style-type: none"> • Analyze the use of materials. • Explain issues of cleanliness related to the arts. • Explain the use of mechanical/electrical equipment. • Demonstrate how to work in selected physical space/environment. • Demonstrate the selection of safe props/stage equipment. • Demonstrate methods for storing materials in the arts. 	<p>D. Demonstrate specific styles in combination through the production or performance of a unique work of art (e.g., a dance composition that combines jazz dance and African dance).</p> <p>E. Delineate a unifying theme through the production of a work of art that reflects skills in media processes and techniques.</p> <p>F. Analyze works of arts influenced by experiences or historical and cultural events through production, performance or exhibition.</p> <p>G. Analyze the effect of rehearsal and practice sessions.</p> <p>H. Incorporate the effective and safe use of materials, equipment and tools into the production of works in the arts.</p> <ul style="list-style-type: none"> • Evaluate the use and applications of materials. • Evaluate issues of cleanliness related to the arts. • Evaluate the use and applications of mechanical/electrical equipment. • Evaluate differences among selected physical space/environment. • Evaluate the use and applications of safe props/stage equipment. • Evaluate the use and apply safe methods for storing materials in the arts.
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Proposed Academic Standards for the Arts and Humanities

<p>I. Identify arts events that take place in schools and in communities.</p> <p>J. Know and use traditional and contemporary technologies for producing, performing and exhibiting works in the arts or the works of others.</p> <ul style="list-style-type: none"> • Know and use traditional technologies (e.g., charcoal, pigments, clay, needle/thread, quill pens, stencils, tools for wood carving, looms, stage equipment). • Know and use contemporary technologies (e.g., CDs/software, audio/sound equipment, polymers, clays, board-mixers, photographs, recorders). <p>K. Know and use traditional and contemporary technologies for furthering knowledge and understanding in the humanities.</p>	<p>I. Describe arts events that take place in schools and in communities.</p> <p>J. Apply traditional and contemporary technologies for producing, performing and exhibiting works in the arts or the works of others.</p> <ul style="list-style-type: none"> • Experiment with traditional technologies (e.g., ceramic/wooden tools, earthen clays, masks, instruments, folk shoes, etching tools, folk looms). • Experiment with contemporary technologies (e.g., color fills on computers, texture methods on computers, fonts/point systems, animation techniques, video conferencing, multimedia techniques, internet access, library computer card catalogues). <p>K. Apply traditional and contemporary technology in furthering knowledge and understanding in the humanities.</p>	<p>I. Know where arts events, performances and exhibitions occur and how to gain admission.</p> <p>J. Incorporate specific uses of traditional and contemporary technologies within the design for producing, performing and exhibiting works in the arts or the works of others.</p> <ul style="list-style-type: none"> • Explain and demonstrate traditional technologies (e.g., paint, tools, sponges, weaving designs, instruments, natural pigments/glazes). • Explain and demonstrate contemporary technologies (e.g., MIDI keyboards, internet design, computers, interactive technologies, audio/sound equipment, board-mixer, video equipment, computerized lighting design). <p>K. Incorporate specific uses of traditional and contemporary technologies in furthering knowledge and understanding in the humanities.</p>	<p>I. Distinguish among a variety of regional arts events and resources and analyze methods of selection and admission.</p> <p>J. Analyze and evaluate the use of traditional and contemporary technologies for producing, performing and exhibiting works in the arts or the works of others.</p> <ul style="list-style-type: none"> • Analyze traditional technologies (e.g., acid printing, etching methods, musical instruments, costume materials, eight track recording, super 8 movies). • Analyze contemporary technologies (e.g., virtual reality design, instrument enhancements, photographic tools, broadcast equipment, film cameras, preservation tools, web graphics, computer generated marching band designs). <p>K. Analyze and evaluate the use of traditional and contemporary technologies in furthering knowledge and understanding in the humanities.</p>
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Proposed Academic Standards for the Arts and Humanities

9.2. Historical and Cultural Contexts			
9.2.3. GRADE 3	9.2.5. GRADE 5	9.2.8. GRADE 8	9.2.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to identify, compare, contrast and analyze works in the arts in their historical and cultural context appropriate for each grade level in concert with districts' social studies, literature and language standards.</i>			
<p>A. Explain the historical, cultural and social context of an individual work in the arts.</p> <p>B. Relate works in the arts chronologically to historical events (e.g., 10,000 B.C. to present).</p> <p>C. Relate works in the arts to varying styles and genre and to the periods in which they were created (e.g., Bronze Age, Ming Dynasty, Renaissance, Classical, Modern, Post-Modern, Contemporary, Futuristic, others).</p> <p>D. Analyze a work of art from its historical and cultural perspective.</p> <p>E. Analyze how historical events and culture impact forms, techniques and purposes of works in the arts (e.g., Gilbert and Sullivan operettas)</p> <p>F. Know and apply appropriate vocabulary used between social studies and the arts and humanities.</p> <p>G. Relate works in the arts to geographic regions:</p> <ul style="list-style-type: none"> • Africa • Asia • Australia • Central America • Europe • North America • South America <p>H. Identify, describe and analyze the work of Pennsylvania Artists in dance, music, theatre and visual arts.</p> <p>I. Identify, explain and analyze philosophical beliefs as they relate to works in the arts (e.g., classical architecture, rock music, Native American dance, contemporary American musical theatre).</p>			

Proposed Academic Standards for the Arts and Humanities

- J. Identify, explain and analyze historical and cultural differences as they relate to works in the arts (e.g., Shakespeare, works by Michelangelo, ethnic dance and music).
- K. Identify, explain and analyze traditions as they relate to works in the arts (e.g., story telling – plays, oral histories- poetry, work songs- blue grass).
- L. Identify, explain and analyze common themes, forms and techniques from works in the arts (e.g., Copland and Graham's *Appalachian Spring* and Millet's *The Gleaners*).

Proposed Academic Standards for the Arts and Humanities

9.3. Critical Response			
9.3.3. GRADE 3	9.3.5. GRADE 5	9.3.8. GRADE 8	9.3.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Recognize critical processes used in the examination of works in the arts and humanities.</p> <ul style="list-style-type: none"> • Compare and contrast • Analyze • Interpret • Form and test hypotheses • Evaluate/form judgments <p>B. Know that works in the arts can be described by using the arts elements, principles and concepts (e.g., use of color, shape and pattern in Mondrian's <i>Broadway Boogie-Woogie</i>; use of dynamics, tempo, texture in Ravel's <i>Bolero</i>).</p> <p>C. Know classification skills with materials and processes used to create works in the arts (e.g., sorting and matching textiles, musical chants, television comedies).</p> <p>D. Explain meanings in the arts and humanities through individual works and the works of others using a fundamental vocabulary of critical response.</p>	<p>A. Identify critical processes in the examination of works in the arts and humanities.</p> <ul style="list-style-type: none"> • Compare and contrast • Analyze • Interpret • Form and test hypotheses • Evaluate/form judgments <p>B. Describe works in the arts comparing similar and contrasting characteristics (e.g., staccato in Grieg's <i>In the Hall of the Mountain King</i> and in tap dance).</p> <p>C. Classify works in the arts by forms in which they are found (e.g., farce, architecture, graphic design).</p> <p>D. Compare similar and contrasting important aspects of works in the arts and humanities based on a set of guidelines using a comprehensive vocabulary of critical response.</p>	<p>A. Know and use the critical process of the examination of works in the arts and humanities.</p> <ul style="list-style-type: none"> • Compare and contrast • Analyze • Interpret • Form and test hypotheses • Evaluate/form judgments <p>B. Analyze and interpret specific characteristics of works in the arts within each art form (e.g., pentatonic scales in Korean and Indonesian music).</p> <p>C. Identify and classify styles, forms, types and genre within art forms (e.g., modern dance and the ethnic dance, a ballad and a patriotic song).</p> <p>D. Evaluate works in the arts and humanities using a complex vocabulary of critical response.</p>	<p>A. Explain and apply the critical examination processes of works in the arts and humanities.</p> <ul style="list-style-type: none"> • Compare and contrast • Analyze • Interpret • Form and test hypotheses • Evaluate/form judgments <p>B. Determine and apply criteria to a person's work and works of others in the arts (e.g., use visual scanning techniques to critique the student's own use of sculptural space in comparison to Julio Gonzales' use of space in <i>Woman Combing Her Hair</i>).</p> <p>C. Apply systems of classification for interpreting works in the arts and forming a critical response.</p> <p>D. Analyze and interpret works in the arts and humanities from different societies using culturally specific vocabulary of critical response.</p>

Proposed Academic Standards for the Arts and Humanities

<p>E. Recognize and identify types of critical analysis in the arts and humanities.</p> <ul style="list-style-type: none"> • Contextual criticism • Formal criticism • Intuitive criticism <p>F. Know how to recognize and identify similar and different characteristics among works in the arts (e.g., Amish and Hawaiian quilts, Navaho weavings and Kente cloth from West Africa).</p> <p>G. Know and demonstrate what a critic's position or opinion is related to works in the arts and humanities (e.g., I like patriotic songs; The movie was enjoyed for its exceptional special effects).</p>	<p>E. Describe and use types of critical analysis in the arts and humanities.</p> <ul style="list-style-type: none"> • Contextual criticism • Formal criticism • Intuitive criticism <p>F. Know how to recognize the process of criticism in identifying and analyzing characteristics among works in the arts.</p> <p>G. Describe a critic's position or opinion about selected works in the arts and humanities (e.g., student's presentation of a critical position on Walt Disney's <i>Evolution of Mickey and Minnie Mouse</i>).</p>	<p>E. Interpret and use various types of critical analysis in the arts and humanities.</p> <ul style="list-style-type: none"> • Contextual criticism • Formal criticism • Intuitive criticism <p>F. Apply the process of criticism to identify characteristics among works in the arts.</p> <p>G. Compare and contrast critical positions or opinions about selected works in the arts and humanities (e.g., critic's review and comparison of Alvin Ailey's <i>Revelations</i> to Tchaikovsky's <i>Swan Lake</i>).</p>	<p>E. Examine and evaluate various types of critical analysis of works in the arts and humanities.</p> <ul style="list-style-type: none"> • Contextual criticism • Formal criticism • Intuitive criticism <p>F. Analyze the processes of criticism used to compare the meanings of a work in the arts in both its own and present time.</p> <p>G. Analyze works in the arts by referencing the judgments advanced by arts critics as well as one's own analysis and critique.</p>
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Proposed Academic Standards for the Arts and Humanities

9.4. Aesthetic Response			
9.4.3. GRADE 3	9.4.5. GRADE 5	9.4.8. GRADE 8	9.4.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Know how to respond to a philosophical statement about works in the arts and humanities (e.g., "Can artworks that depict or are about ugly or unpleasant things ever be beautiful?").</p> <p>B. Know how to communicate an informed individual opinion about the meaning of works in the arts (e.g., works of an artist of the month).</p> <p>C. Recognize that the environment of the observer influences individual aesthetic responses to works in the arts (e.g., the effect of live music as opposed to listening to the same piece on a car radio).</p> <p>D. Recognize that choices made by artists regarding subject matter and themes communicate ideas through works in the arts and humanities (e.g., artist's interpretation through the use of classical ballet of the American West in Agnes De Mille's <i>Rodeo</i>).</p>	<p>A. Identify uses of expressive symbols that show philosophical meanings in works in the arts and humanities (e.g., American TV ads versus Asian TV ads).</p> <p>B. Investigate and communicate multiple philosophical views about works in the arts.</p> <p>C. Identify the attributes of various audiences' environments as they influence individual aesthetic response (e.g., Beatles' music played by the Boston Pops versus video taped concerts from the 1970s).</p> <p>D. Explain choices made regarding media, technique, form, subject matter and themes that communicate the artist's philosophy within a work in the arts and humanities (e.g., selection of stage lighting in Leonard Bernstein's <i>West Side Story</i> to communicate mood).</p>	<p>A. Compare and contrast examples of group and individual philosophical meanings of works in the arts and humanities (e.g., group discussions on musical theatre versus the individual's concept of musical theatre).</p> <p>B. Compare and contrast informed individual opinions about the meaning of works in the arts to others (e.g., debate philosophical opinions within a listserv or at an artist's website).</p> <p>C. Describe how the attributes of the audience's environment influence aesthetic responses (e.g., the ambiance of the theatre in a performance of Andrew Lloyd Weber's <i>Cats</i>).</p> <p>D. Describe to what purpose philosophical ideas generated by artists can be conveyed through works in the arts and humanities (e.g., T. Ganson's <i>Destructive Periods in Russia During Stalin's and Deniken's Leadership</i> conveys her memories and emotions of a specific incident).</p>	<p>A. Evaluate an individual's philosophical statement on a work in the arts and its relationship to one's own life based on knowledge and experience.</p> <p>B. Describe and analyze the effects that works in the arts have on groups, individuals and the culture (e.g., Orson Welles' 1938 radio broadcast, <i>War of the Worlds</i>).</p> <p>C. Compare and contrast the attributes of various audiences' environments as they influence individual aesthetic response (e.g., viewing traditional <i>Irish</i> dance at county fair versus the performance of <i>River Dance</i> in a concert hall).</p> <p>D. Analyze and interpret a philosophical position identified in works in the arts and humanities.</p>

Proposed Academic Standards for the Arts and Humanities

XXVII. GLOSSARY

Aesthetics:	A branch of philosophy that focuses on the nature of beauty, the nature and value of the arts and the inquiry processes and human responses they produce.
Aesthetic criteria:	Standards on which to make judgments about the artistic merit of a work of art, derived from cultural and emotional values and cognitive meaning.
Artistic choices:	Selections made by artists in order to convey meaning.
Arts criticism:	The act or process of describing and evaluating the media, processes and meanings of works in the arts and making comparative judgments.
Arts integration:	The act or process of incorporating the arts disciplines - dance, music, theater and visual art - as equal partners with the other disciplines in the curriculum in order to enhance meanings and relationships between, within and across all the disciplines in the curriculum.
Arts resource:	An outside community source of arts performances or exhibitions.
Assess:	To analyze and determine the nature and quality of the process/product through means appropriate to the art form.
Community:	A group of people who share a common social, historical, regional or cultural heritage.
Contemporary technology:	Tools, machines or implements emerging and used today for the practice or production of works in the arts.
Context:	A set of interrelated background conditions (e.g., social, economic, political) that influence and give meaning to the development and reception of thoughts, ideas or concepts and that define specific cultures and eras.

Proposed Academic Standards for the Arts and Humanities

Create:	To produce works of art using materials, techniques, processes, elements, principles and analysis.
Critical analysis:	The process of examining and discussing the effective uses of specific aspects of a work of art.
Contextual criticism:	Discussion and evaluation with consideration of factors surrounding the origin and heritage to works in the arts and humanities.
Formal criticism:	Discussion and evaluation of the elements and principles essential to works in the arts and humanities.
Intuitive criticism:	Discussion and evaluation of one's subjective insight to works in the arts and humanities.
Critical process:	The use of sequential examination through comparison, analysis, interpretation, formation and testing of hypothesis and evaluation to form judgments.
Culture:	The way of life of a group of people, including customs, beliefs, arts, institutions and worldview. Culture is acquired through many means and is always changing.
Elements:	Core components that support the principles of the arts.
Formal production/exhibition:	The showing or performance of a work in the arts for an audience.
Genre:	A type or category (e.g., music - opera, oratorio; theater - tragedy, comedy; dance - modern, ballet; visual arts- pastoral, scenes of everyday life).
Humanities:	The branch of learning that connects the fine arts, literature, languages, philosophy and cultural science. The humanities are concerned with the understanding and integration of human thought and accomplishment.
Improvisation:	Spontaneous creation requiring focus and concentration.

Proposed Academic Standards for the Arts and Humanities

MIDI keyboard:	(Musical Instrument Digital Interface) Piece of equipment that interacts with a computer that uses a MIDI language set-up to notate and play music.
Original works in the arts:	Dance, music, theatre and visual arts pieces created by performing or visual artists.
Principles:	Essential assumptions, basic or essential qualities determining intrinsic characteristics.
Repertoire:	Prepared works in the art that a group/person is ready to perform that demonstrates a range of abilities.
Style:	A distinctive or characteristic manner of expression.
Synthesis:	The reassembling of separate parts into a new form.
Technique:	Specific skills and details employed by an artist, craftsperson or performer in the production of works in the arts.
Timbre:	A unique quality of sound.
Traditions:	Knowledge, opinions and customs a group feels is so important that members continue to practice it and pass it onto other generations.
Traditional technology:	Tools, machines or implements used for the historical practice or production of works in the arts.
Vocabulary:	Age and content appropriate terms used in the instruction of the arts and humanities that demonstrate levels of proficiency as defined in local curriculum (i.e., fundamental – grade 3, comprehensive – grade 5, discriminating – grade 8 and advanced - grade 12).

Proposed Academic Standards for Health, Safety and Physical Education



Pennsylvania Department of Education

Proposed Academic Standards for Health, Safety and Physical Education

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Proposed Health, Safety and Physical Education Academic Standards

XXIX. INTRODUCTION

This document includes Proposed Academic Standards for Health, Safety and Physical Education in these categories:

- ◇ 10.1 Concepts of Health
- ◇ 10.2 Healthful Living
- ◇ 10.3 Safety and Injury Prevention
- ◇ 10.4 Physical Activity
- ◇ 10.5 Concepts, Principles and Strategies of Movement

The Proposed Academic Standards for Health, Safety and Physical Education describe what students should know and be able to do by the end of third, sixth, ninth and twelfth grade. The standards are sequential across the grade levels and reflect the increasing complexity and rigor that students are expected to achieve. The Proposed Standards define the content for planned instruction that will result in measurable gains for all students in knowledge and skill. School entities will use these standards to develop local school curriculum and assessments that will meet the needs of the students.

The Proposed Academic Standards for Health, Safety and Physical Education provide students with the knowledge and skills that will enable them to achieve and maintain a physically active and healthful life. The attainment of these standards will favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving to their highest academic potential.

The Proposed Academic Standards for Health, Safety and Physical Education provide parents with specific information about the knowledge and skills students should be developing as they progress through their educational programs. With the standards serving as clearly defined targets, parents, students, teachers and community members will be able to become partners in helping children achieve educational success.

A glossary is included to assist the reader in understanding terminology contained in the standards.

Proposed Academic Standards for Health, Safety & Physical Education

10.1. Concepts of Health			
10.1.3. GRADE 3	10.1.6. GRADE 6	10.1.9. GRADE 9	10.1.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Identify and describe the stages of growth and development.</p> <ul style="list-style-type: none"> • infancy • childhood • adolescence • adulthood • late adulthood <p>B. Identify and know the location and function of the major body organs and systems.</p> <ul style="list-style-type: none"> • circulatory • respiratory • muscular • skeletal • digestive 	<p>A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p> <ul style="list-style-type: none"> • education • socioeconomic <p>B. Identify and describe the structure and function of the major body systems.</p> <ul style="list-style-type: none"> • nervous • muscular • integumentary • urinary • endocrine • reproductive • immune 	<p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> • relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community <p>B. Analyze the interdependence existing among the body systems.</p>	<p>A. Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> • acute and chronic illness • communicable and non-communicable disease • health status • relationships (e.g., marriage, divorce, loss) • career choice • aging process • retirement <p>B. Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <ul style="list-style-type: none"> • fitness level • environment (e.g., pollutants, available health care) • health status (e.g., physical, mental, social) • nutrition

Proposed Academic Standards for Health, Safety & Physical Education

<p>C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <ul style="list-style-type: none"> • food groups • number of servings • variety of food • nutrients <p>D. Know age appropriate drug information.</p> <ul style="list-style-type: none"> • definition of drugs • effects of drugs • proper use of medicine • healthy/unhealthy risk-taking (e.g. inhalant use, smoking) • skills to avoid drugs <p>E. Identify types and causes of common health problems of children.</p> <ul style="list-style-type: none"> • infectious diseases (e.g., colds, flu, chickenpox) • noninfectious diseases (e.g., asthma, hay fever, allergies, lyme disease) • germs • pathogens • heredity 	<p>C. Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> • caloric content of foods • relationship of food intake and physical activity (energy output) • nutrient requirements • label reading • healthful food selection <p>D. Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> • peer influence • body image (e.g., steroids, enhancers) • social acceptance • stress • media influence • decision-making/refusal skills • rules, regulations and laws • consequences <p>E. Identify and describe health problems that can occur throughout life.</p> <ul style="list-style-type: none"> • cancer • diabetes • STD/HIV/AIDS • stroke • heart disease 	<p>C. Analyze factors that impact nutritional choices of adolescents.</p> <ul style="list-style-type: none"> • body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals <p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling, support groups) • parent involvement <p>E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p>	<p>C. Analyze factors that impact nutritional choices of adults.</p> <ul style="list-style-type: none"> • cost • food preparation (e.g., time, skills) • consumer skills (e.g., understanding food labels, evaluating fads) • nutritional knowledge • changes in nutritional requirements (e.g., age, physical activity level) <p>D. Evaluate issues relating to the use/non-use of drugs.</p> <ul style="list-style-type: none"> • psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community <p>E. Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/regulations
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10.2. Healthful Living

Proposed Academic Standards for Health, Safety & Physical Education

10.2.3. GRADE 3	10.2.6. GRADE 6	10.2.9. GRADE 9	10.2.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.</p> <p>B. Identify health-related information.</p> <ul style="list-style-type: none"> • signs and symbols • terminology • products and services <p>C. Identify media sources that influence health and safety.</p> <p>D. Identify the steps in a decision-making process.</p> <p>E. Identify environmental factors that affect health.</p> <ul style="list-style-type: none"> • pollution (e.g., air, water, noise, soil) • waste disposal • temperature extremes • insects/animals 	<p>A. Explain the relationship between personal health practices and individual well-being.</p> <ul style="list-style-type: none"> • immunizations • health examinations <p>B. Explain the relationship between health-related information and consumer choices.</p> <ul style="list-style-type: none"> • dietary guidelines/food selection • sun exposure guidelines/sunscreen selection <p>C. Explain the media's effect on health and safety issues.</p> <p>D. Describe and apply the steps of a decision-making process to health and safety issues.</p> <p>E. Analyze environmental factors that impact health.</p> <ul style="list-style-type: none"> • indoor air quality (e.g., second-hand smoke, allergens) • chemicals, metals, gases (e.g., lead, radon, carbon monoxide) • radiation • natural disasters 	<p>A. Identify and describe health care products and services that impact adolescent health practices.</p> <p>B. Analyze the relationship between health-related information and adolescent consumer choices.</p> <ul style="list-style-type: none"> • tobacco products • weight control products <p>C. Analyze media health and safety messages and describe their impact on personal health and safety.</p> <p>D. Analyze and apply a decision-making process to adolescent health and safety issues.</p> <p>E. Explain the interrelationship between the environment and personal health.</p> <ul style="list-style-type: none"> • ozone layer/skin cancer • availability of health care/individual health • air pollution/respiratory disease • breeding environments/lyme disease/west nile virus 	<p>A. Evaluate health care products and services that impact adult health practices.</p> <p>B. Assess factors that impact adult health consumer choices.</p> <ul style="list-style-type: none"> • access to health information • access to health care • cost • safety <p>C. Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p> <p>D. Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>E. Analyze the interrelationship between environmental factors and community health.</p> <ul style="list-style-type: none"> • public health policies and laws/health promotion and disease prevention • individual choices/maintenance of environment • recreational opportunities/health status

Proposed Academic Standards for Health, Safety & Physical Education

10.3. Safety and Injury Prevention			
10.3.3. GRADE 3	10.3.6 GRADE 6	10.3.9. GRADE 9	10.3.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Recognize safe/unsafe practices in the home, school and community.</p> <ul style="list-style-type: none"> • general (e.g., fire, electrical, animals) • modes of transportation (e.g., pedestrian, bicycle, vehicular) • outdoor (e.g., play, weather, water) • safe around people (e.g., safe/unsafe touch, abuse, stranger, bully) <p>B. Recognize emergency situations and explain appropriate responses.</p> <ul style="list-style-type: none"> • importance of remaining calm • how to call for help • simple assistance procedures • how to protect self <p>C. Recognize conflict situations and identify strategies to avoid or resolve.</p> <ul style="list-style-type: none"> • walk away • I-statements • refusal skills • adult intervention 	<p>A. Explain and apply safe practices in the home, school and community.</p> <ul style="list-style-type: none"> • emergencies (e.g., fire, natural disasters) • personal safety (e.g., home alone, latch key, harassment) • communication (e.g., telephone, Internet) • violence prevention (e.g., gangs, weapons) <p>B. Know and apply appropriate emergency responses.</p> <ul style="list-style-type: none"> • basic first aid • Heimlich maneuver • universal precautions <p>C. Describe strategies to avoid or manage conflict and violence.</p> <ul style="list-style-type: none"> • anger management • peer mediation • reflective listening • negotiation 	<p>A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.</p> <ul style="list-style-type: none"> • modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle) • violence prevention in school • self-protection in the home • self-protection in public places <p>B. Describe and apply strategies for emergency and long-term management of injuries.</p> <ul style="list-style-type: none"> • rescue breathing • water rescue • self-care • sport injuries <p>C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <ul style="list-style-type: none"> • effective negotiation • assertive behavior 	<p>A. Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> • loss of personal freedom • personal injury • loss of income • impact on others • loss of motor vehicle operator's license <p>B. Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid <p>C. Analyze the impact of violence on the victim and surrounding community.</p>

Proposed Academic Standards for Health, Safety & Physical Education

<p>D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p>	<p>D. Analyze the role of individual responsibility for safety during physical activity.</p>	<p>D. Analyze the role of individual responsibility for safety during organized group activities.</p>	<p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>
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Proposed Academic Standards for Health, Safety & Physical Education

10.4. Physical Activity			
10.4.3. GRADE 3	10.4.6. GRADE 6	10.4.9. GRADE 9	10.4.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate • breathing rate 	<p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate monitoring • checking blood pressure • fitness assessment 	<p>A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <ul style="list-style-type: none"> • stress management • disease prevention • weight management <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone • individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility) • drug/substance use/abuse 	<p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • aging • injury • disease

Proposed Academic Standards for Health, Safety & Physical Education

<p>D. Identify likes and dislikes related to participation in physical activities.</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> • roles (e.g., leader, follower) • cooperation/sharing • on task participation 	<p>D. Describe factors that affect childhood physical activity preferences.</p> <ul style="list-style-type: none"> • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p> <ul style="list-style-type: none"> • success-oriented activities • school-community resources • variety of activities • time on task <p>F. Identify and describe positive and negative interactions of group members in physical activities.</p> <ul style="list-style-type: none"> • leading • following • teamwork • etiquette • adherence to rules 	<p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <ul style="list-style-type: none"> • skill competence • social benefits • previous experience • activity confidence <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <ul style="list-style-type: none"> • personal choice • developmental differences • amount of physical activity • authentic practice <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <ul style="list-style-type: none"> • group dynamics • social pressure 	<p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting
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10.5. Concepts, Principles and Strategies of Movement			
10.5.3. GRADE 3	10.5.6. GRADE 6	10.5.9. GRADE 9	10.5.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>			
<p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under, beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.</p> <ul style="list-style-type: none"> • form • developmental differences • critical elements • feedback 	<p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <ul style="list-style-type: none"> • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result) 	<p>A. Describe and apply the components of skill-related fitness to movement performance.</p> <ul style="list-style-type: none"> • agility • balance • coordination • power • reaction time • speed <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <ul style="list-style-type: none"> • response selection • stages of learning a motor skill i.e. verbal cognitive, motor, automatic • types of skill i.e. discrete, serial, continuous 	<p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance

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<p>C. Know the function of practice.</p> <p>D. Identify and use principles of exercise to improve movement and fitness activities.</p> <ul style="list-style-type: none"> • frequency/how often to exercise • intensity/how hard to exercise • time/how long to exercise • type/what kind of exercise <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>F. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> • faking/dodging • passing/receiving • move to be open • defending space • following rules of play 	<p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <ul style="list-style-type: none"> • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition <p>E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • Newton's Laws of Motion • application of force • static/dynamic balance • levers • flight <p>F. Identify and apply game strategies to basic games and physical activities.</p> <ul style="list-style-type: none"> • give and go • one on one • peer communication 	<p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary.</p> <ul style="list-style-type: none"> • specificity • overload • progression • aerobic/anaerobic • circuit/interval • repetition/set <p>E. Analyze and apply scientific and biomechanical principles to complex movements.</p> <ul style="list-style-type: none"> • centripetal/centrifugal force • linear motion • rotary motion • friction/resistance • equilibrium • number of moving segments <p>F. Describe and apply game strategies to complex games and physical activities.</p> <ul style="list-style-type: none"> • offensive strategies • defensive strategies • time management 	<p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>E. Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <ul style="list-style-type: none"> • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety <p>F. Analyze the application of game strategies for different categories of physical activities.</p> <ul style="list-style-type: none"> • individual • team • lifetime • outdoor
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XXX. GLOSSARY

Abstinence:	Choosing not to do something or completely giving something up in order to gain something.
Acute illness:	A health condition of sudden onset, sharp rises and short course.
Adolescence:	The period of life beginning with puberty and ending with completed growth.
Aerobic:	Physical activity or exercise done at a steady pace for an extended period of time so that the heart can supply as much oxygen as the body needs (e.g., walking, running, swimming, cycling).
Agility:	A component of physical fitness that relates to the ability to rapidly change the position of the entire body in space with speed and accuracy.
AIDS	Acquired Immune Deficiency Syndrome: a condition that results when infection with HIV causes a breakdown of the body's ability to fight other infections.
Allergen:	A substance that stimulates the production of antibodies and subsequently results in allergic reactions (e.g., mold spores, cat/dog dander, dust).
Anaerobic:	Physical activity or exercise done in short, fast bursts so that the heart cannot supply oxygen as fast as the body needs (e.g., 100-yard dash, basketball, football).
Assertive:	The expression of thoughts and feelings without experiencing anxiety or threatening others.
Automatic Stage of Learning:	Movement responses flow and the individual can focus on what to do without thinking about it.
Balance:	A skill-related component of physical fitness that relates to the maintenance of equilibrium while stationery or moving.

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Biomechanics:	The science concerned with the action of forces, internal or external, on the living body.
Body composition:	A health-related component of physical fitness that relates to the percentage of fat tissue and lean tissue in the body.
Body systems:	Anatomically or functionally related parts of the body (e.g., skeletal, nervous, immune, circulatory systems).
Caloric content:	The amount of energy supplied by food. The more calories in the food, the more fattening.
Cardiorespiratory endurance:	A health related component of physical fitness relating to the ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity.
Centrifugal:	The force that seems to pull an object away from the center as it moves in a circle.
Centripetal:	The force that is required to keep an object moving around a circular path.
Chronic illness:	A health condition of long duration or frequent recurrence.
Circuit training:	Exercise program, similar to an obstacle course, in which the person goes from one place to another doing a different exercise at each place.
Closed:	Skills that are performed in an environment that does not change or that changes very little, such as archery or the foul shot in basketball.
Communicable:	Illness caused by pathogens that enter the body through direct or indirect contact and can be transmitted from one host to another.
Continuous:	Two or more repetitions of the same skill such as dribbling in basketball or soccer.
Cool-down:	Brief, mild exercise done after vigorous exercise to help the body safely return to a resting state.

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Coordination:	A skill-related component of physical fitness that relates to the ability to use the senses together with body parts in performing motor tasks smoothly and accurately.
CPR:	A first aid technique, which involves rescue breathing and chest (heart) compressions, that is used to revive a person whose heart has stopped beating.
Critical elements:	The important parts of a skill.
Decision-making process:	An organized approach to making choices.
Developmental differences:	Learners are at different levels in their motor, cognitive, emotional, social and physical development. The learners developmental status will affect their ability to learn or improve.
Developmentally appropriate:	Motor skill development and change occur in an orderly, sequential fashion and is age and experience related.
Directions:	Forward, backward, left, right, up, down.
Discrete:	Single skill performed in isolation from other motor skills such as the soccer penalty kick and golf stroke.
Dynamic balance:	Equilibrium used when in motion, starting and stopping.
Eating disorders:	Food-related dysfunction in which a person changes eating habits in a way that is harmful to the mind or body (e.g., bulimia, anorexia nervosa).
Efficiency of movement:	The state or quality of competence in performance with minimum expenditure of time and effort.
Equilibrium:	State in which there is no change in the motion of a body.
Feedback:	Information given to the learner about how to improve or correct a movement.

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Flexibility:	A health-related component of physical fitness that relates to the range of motion available at a joint.
Food guide pyramid:	A visual tool used to help people plan healthy diet according to the Dietary Guidelines for America.
Force:	Any external agent that causes a change in the motion of a body.
Form:	Manner or style of performing a movement according to recognized standards of technique.
Good performance:	The ability to correctly select what to do and the ability to execute the selection appropriately.
Health:	A state of complete physical, mental and social well-being; not merely the absence of disease and infirmity.
Health education:	Planned, sequential K-12 program of curricula and instruction that helps students develop knowledge, attitudes and skills related to the physical, mental, emotional and social dimensions of health.
Health-related fitness:	Components of physical fitness that have a relationship with good health. Components are cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.
Heimlich maneuver:	A first aid technique that is used to relieve complete airway obstruction.
HIV:	Human immunodeficiency virus that infects cells of the immune system and other tissues and causes acquired immunodeficiency syndrome (AIDS).
I-statement	A statement describing a specific behavior or event and the effect that behavior or event has on a person and the feelings that result.
Inertia:	A body at rest will remain at rest and a body in motion will remain in motion unless acted upon by a force.
Inhalant:	Chemicals that produce vapors that act on the central nervous system and alter a user's moods, perceptions, feelings, personality and behavior such as airplane glue and aerosols.

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Integumentary system:	Body system composed of the skin, hair, nails and glands.
Intensity:	How hard a person should exercise to improve fitness.
Interval training:	An anaerobic exercise program that consists of runs of short distance followed by rest.
Kinetic:	Energy that an object possesses because it is moving, such as a pitched baseball or a person running.
Levels:	Positions of the body (e.g., high, medium, low).
Linear motion:	Movement which occurs in a straight path.
Locomotor movement:	Movements producing physical displacement of the body, usually identified by weight transference via the feet. Basic locomotor steps are the walk, run, hop and jump as well as the irregular rhythmic combinations of the skip, slide and gallop.
Long-term memory:	Ability to recall information that was learned days or even years ago.
Manipulative movements:	Control of objects with body parts and implements. Action causes an object to move from one place to another.
Mechanical advantage:	The ratio between the force put into a machine and the force that comes out of the same machine.
Moderate physical activity:	Sustained, repetitive, large muscle movements (e.g., walking, running, cycling) done at less than 60% of maximum heart rate for age. Maximum heart rate is 220 beats per minute minus participant's age.
Motor skills:	Non-fitness abilities that improve with practice and relate to one's ability to perform specific sports and other motor tasks (e.g., tennis serve, shooting a basketball).
Motor stage of learning:	Individual is working to perfect the motor skill and makes conscious adjustments to the environment.

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Movement skills:	Proficiency in performing nonlocomotor, locomotor and manipulative movements that are the foundation for participation in physical activities.
Muscular endurance:	A health-related component of physical fitness that relates to the ability of a muscle to continue to perform without fatigue.
Muscular strength:	A health-related component of physical fitness that relates to the ability of the muscle to exert force.
Newton's Laws of Motion:	Three laws by Sir Isaac Newton that explain the relations between force and the motions produced by them: The Law of Inertia, Force and Acceleration, Reacting Forces.
Noncommunicable:	Illness that is not caused by a pathogen that is not transmitted from one host to another.
Nonlocomotor movement:	Movements that do not produce physical displacement of the body.
Nutrient:	A basic component of food that nourishes the body.
Open:	Skill is performed in an environment that varies or is unpredictable such as the tennis forehand or the soccer pass.
Overload:	A principle of exercise that states that the only way to improve fitness is to exercise more than the normal.
Pathways:	Patterns of travel while performing locomotor movements (e.g., straight, curved, zigzag).
Physical activity:	Bodily movement that is produced by the contraction of skeletal muscle and which substantially increases energy expenditure.
Physical education:	Planned, sequential, movement-based program of curricula and instruction that helps students develop knowledge, attitudes, motor skills, self-management skills and confidence needed to adapt and maintain a physically active life.

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Physical fitness:	A set of attributes that people have or achieve and that relate to their ability to perform physical activity. Generally accepted to consist of health-related fitness and skill-related fitness.
Potential:	Energy stored in a body because of its position such as the crouch position prior to a jump.
Power:	A skill-related component of physical fitness that relates to the rate at which one can perform work.
Principles of exercise:	Guidelines to follow to obtain the maximum benefits from physical activity and exercise.
Principles of training:	Guidelines to follow to obtain the maximum benefits from an exercise plan.
Progression:	A principle of exercise that states that a person should start slowly and increase exercise gradually.
Reaction time:	A skill-related component of physical fitness that relates to the time elapsed between stimulation and the beginning of the response to it.
Reflective listening:	An active listening skill in which the individual lets others know he/she has heard and understands what has been said.
Refusal strategies:	Systematic ways to handle situations in which a person wants to say no to an action and/or leave an environment that threatens health or safety, breaks laws, results in lack of respect for self and others or disobeys guidelines set by responsible adults.
Repetitions:	Number of times an exercise is repeated.
Rescue breathing:	Technique used to supply air to an individual who is not breathing.
Rotary motion:	Force that produces movement that occurs around an axis or center point such as a somersault.
Safety education:	Planned, sequential program of curricula and instruction that helps students develop the knowledge, attitudes and confidence needed to protect them from injury.

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Self-space:	All the space that the body or its parts can reach without traveling from a starting location.
Serial:	Two or more different skills performed with each other such as fielding a ball and throwing it or dribbling a basketball and shooting it.
Set:	A group of several repetitions.
Short-term memory:	Ability to recall recently learned information, such as within the past few seconds or minutes.
Skill-related fitness:	Consists of components of physical fitness that have a relationship with enhanced performance in sports and motor skills. The components are agility, balance, coordination, power, reaction time and speed.
Specificity:	A principle of exercise that states that specific kinds of exercises must be done to develop specific aspects of the body and specific aspects of fitness.
Speed:	A skill-related component of physical fitness that relates to the ability to perform a movement or cover a distance in a short period of time.
Static balance:	Maintaining equilibrium while holding a pose or remaining motionless.
STD:	Sexually transmitted disease.
Universal precautions:	An approach to infection control. All human blood and body fluids are treated as if known to be infectious.
Warm-up:	Brief, mild exercise that is done to get ready for more vigorous exercise.
Verbal cognitive stage of learning:	The individual is attempting to move from verbal instruction to trying to figure out how to actually do the skill. The first attempts at the skill are generally mechanical and success is inconsistent. The individual thinks through each step of the movement.

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Vigorous physical activity: Sustained, repetitive, large muscle movements (e.g., running, swimming, soccer) done at 60% or more of maximum heart rate for age. Maximum heart rate is 220 beats per minute minus the participant's age. Activity makes person sweat and breathe hard.

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Proposed Academic Standards for Family and Consumer Sciences

XXXII. INTRODUCTION

This document includes proposed Academic Standards for Family and Consumer Sciences at four grade levels (third, sixth, ninth and twelfth) with the emphasis on what students will know and be able to do in the following areas:

- ◇ 11.1. Financial and Resource Management
- ◇ 11.2. Balancing Family, Work, and Community Responsibility
- ◇ 11.3. Food Science and Nutrition
- ◇ 11.4. Child Development.

The focus of the Academic Standards for Family and Consumer Sciences education is the individual, the family and the community. The economic, social and political well-being of our state depends on the well-being of Pennsylvania's families. The family is responsible for nurturing its members. Family experiences, to a great extent, determine who a person is and what a person becomes. Family and Consumer Sciences, working with Pennsylvania's families, supports the development of the knowledge and skills that students need as family members both now and in the future. The 21st Century requires students to develop the ability to transform information into knowledge by using standards to certify that this information is meaningful, categorizing it to a purpose and then transforming their knowledge into wisdom by applying it to real life.

Family and Consumer Sciences is a discipline composed of strong subject matter concentrations with a commitment to integration. Concepts form a framework for learning based on these tenets:

- Families are the fundamental unit of society.
- A life-span approach to individual and family development contributes to creating lifelong learners.
- Meeting individual and family needs inside and outside the home are shared responsibilities.
- Individual, family and community well-being is strengthened through an awareness of diversity.
- The use of diverse modes of inquiry strengthens intellectual development.
- The content learning in Family and Consumer Sciences classes enhances the mastery of academic standards.
- Standards-based learning within Family and Consumer Sciences classrooms can best be demonstrated through performance based assessment.

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Learners in Family and Consumer Sciences nurture themselves and others, taking increased responsibility for improving their quality of living.

The Proposed Academic Standards for Family and Consumer Sciences are written to empower individuals and families to manage the challenges of living and working in a diverse, global society. These Proposed Academic Standards address the functioning of families and their interrelationships with work, community and society. The focus is on the reoccurring, practical problems of individuals and families. An integrative approach is used to help individuals and families identify, create and evaluate goals and alternative solutions to significant problems of everyday life. Students are taught to take responsibility for the consequences of their actions. Comprehensive classroom experiences allow students to develop the knowledge and skills needed in making choices to meet their personal, family and work responsibilities.

A glossary is included to assist the reader in understanding terminology contained in the standards.

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11.1. Financial and Resource Management			
11.1.3. GRADE 3	11.1.6. GRADE 6	11.1.9. GRADE 9	11.1.12. GRADE 12
<p><i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to . . .</i></p>			
<p>A. Identify money denominations, services and material resources available as trade-offs within the home, school and community.</p> <p>B. Define the components of a spending plan (e.g., income, expenses, savings).</p> <p>C. Explain the need for shelter for the purpose of safety, warmth and comfort.</p> <p>D. Explain consumer rights and responsibilities.</p> <ul style="list-style-type: none"> • To be safe • To be informed • To be heard • To choose • To redress 	<p>A. Justify the decision to use or not use resources based on scarcity.</p> <p>B. Know the relationship of the components of a simple spending plan and how that relationship allows for managing income, expenses and savings.</p> <p>C. Describe the adaptability to meet basic human needs of the different types of housing available (e.g., single home, apartment, mobile home, shelter, recreational vehicle, public housing).</p> <p>D. Analyze information in care instructions, safety precautions and the use of consumable goods as a demonstration of understanding of consumer rights and responsibilities.</p>	<p>A. Analyze current conservation practices and their effect on future renewable and non-renewable resources.</p> <ul style="list-style-type: none"> • Refuse • Reduce • Reuse • Recycle <p>B. Explain the responsibilities associated with managing personal finances (e.g., savings, checking, credit, non-cash systems, investments).</p> <p>C. Delineate and assess the factors affecting the availability of housing (e.g., supply and demand, market factors, geographical location, community regulations).</p> <p>D. Explain how consumer rights and responsibilities are protected (e.g., government agencies, consumer protection agencies, consumer action groups).</p>	<p>A. Evaluate the impact of family resource management on the global community.</p> <p>B. Analyze the management of financial resources across the lifespan.</p> <p>C. Analyze the relationship among factors affecting consumer housing decisions (e.g., human needs, financial resources, location, legal agreements, maintenance responsibilities).</p> <p>D. Evaluate the role of consumer rights and responsibilities in the resolution of a consumer problem through the practical reasoning process.</p>

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<p>E. Explain the relationship between work and income.</p> <p>F. Describe criteria needed to identify quality in consumer goods and services (e.g., food, clothing, furniture, home technology, health care, transportation, services).</p> <p>G. Identify the services that communities provide for individuals and families.</p>	<p>E. Explain the principles of child labor laws and the opportunity cost of working by evaluating the advantages and disadvantages of holding a job while a teenager.</p> <p>F. Explain practices to maintain and or repair consumer goods and services.</p> <p>G. Identify the public and nonpublic services that are available to serve families within the community.</p>	<p>E. Compare the influences of income and fringe benefits to make decisions about work.</p> <p>F. Evaluate different strategies to obtain consumer goods and services.</p> <p>G. Analyze how public, nonpublic and for-profit service providers serve the family.</p>	<p>E. Compare and contrast factors affecting annual gross and taxable income and reporting requirements (e.g., W-2 form, Income tax form).</p> <p>F. Compare and contrast the selection of goods and services by applying effective consumer strategies.</p> <p>G. Compare the availability, costs and benefits of accessing public, nonpublic and for-profit services to assist the family.</p>
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Proposed Academic Standards for Family and Consumer Sciences

11.2. Balancing Family, Work and Community Responsibility			
11.2.3. GRADE 3	11.2.6. GRADE 6	11.2.9. GRADE 9	11.2.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to . . .</i>			
<p>A. Examine consequences of family, work or career decisions.</p> <p>B. Identify the importance of routines and schedules while differentiating between short and long term goals.</p> <p>C. Indicate the benefits and costs of working as an individual or as a team member and of being a leader or follower.</p> <p>D. Explain the importance of organizing space for efficiency and a sense of comfort (e.g., desk space, classroom space).</p>	<p>A. Contrast the solutions reached through the use of a simple decision making process that includes analyzing consequences of alternative solutions against snap decision making methods.</p> <p>B. Deduce the importance of time management skills (e.g. home, school, recreational activities).</p> <p>C. Classify the components of effective teamwork and leadership.</p> <p>D. Identify the concepts and principles used in planning space for activities.</p>	<p>A. Solve dilemmas using a practical reasoning approach</p> <ul style="list-style-type: none"> • Identify situation • Identify reliable information • List choices and examine the consequences of each • Develop a plan of action • Draw conclusions • Reflect on decisions. <p>B. Know FCCLA action planning procedure and how to apply it to family, work and community decisions.</p> <p>C. Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.</p> <p>D. Analyze the space requirements for a specified activity to meet a given need (e.g., family room, home office, kitchen).</p>	<p>A. Justify solutions developed by using practical reasoning skills.</p> <p>B. Evaluate the effectiveness of action plans that integrate personal, work, family and community responsibilities.</p> <p>C. Analyze teamwork and leadership skills and their application in various family and work situations.</p> <p>D. Based on efficiency, aesthetics and psychology, evaluate space plans (e.g., home, office, work areas) for their ability to meet a variety of needs including those of individuals with special needs.</p>

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<p>E. Analyze the effectiveness of technology used for school and home in accomplishing the work of the family (e.g., security, entertainment, communication, education).</p> <p>F. Explain daily activities that fulfill family functions in meeting responsibilities (e.g., economic, emotional support, childcare and guidance, housekeeping, maintaining kinship, providing recreation).</p> <p>G. Identify the life stages by identifying their developmental task (e.g., infant, pre-schooler, school age, teen-age, adult, senior citizen).</p> <p>H. Identify how to resolve conflict using interpersonal communications skills.</p> <ul style="list-style-type: none"> • Speaking and listening • I messages • Active listening • Checking for understanding • Following directions • Empathy • Feedback 	<p>E. Describe the role of technology within a community in maintaining a safe and healthy living environment (e.g., safety, hospitals, waste treatment, water quality, schools).</p> <p>F. Compare and contrast how different cultures meet family responsibilities within differing configurations (e.g., new parent, just married, single adult living alone, "empty nest", retired, senior citizen).</p> <p>G. Identify the characteristics of the stages of the family life cycle (e.g., beginning, expanding, developing, launching, middle years, retirement, variations).</p> <p>H. Describe positive and negative interactions within patterns of interpersonal communications.</p> <ul style="list-style-type: none"> • Placating • Blaming • Distracting • Intellectualizing • Asserting 	<p>E. Evaluate the impact of technology and justify the use or nonuse of it (e.g., safety, cost/budget, appearance, efficiency).</p> <p>F. Contrast past and present family functions and predict their probable impact on the future of the family.</p> <p>G. Explain the influences of family life cycle stages on the needs of families and communities (e.g., a large number of young families needing day care, fixed income senior citizens, school age children).</p> <p>H. Justify the significance of interpersonal communication skills in the practical reasoning method of decision making.</p>	<p>E. Assess the availability of emerging technology that is designed to do the work of the family and evaluate the impact of its use on individuals, families and communities.</p> <p>F. Assess the relationship of family functions to human developmental stages.</p> <p>G. Hypothesize the impact of present family life-cycle trends on the global community (e.g., over population, increase in an aging population, economic base).</p> <p>H. Evaluate the effectiveness of using interpersonal communication skills to resolve conflict.</p>
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Proposed Academic Standards for Family and Consumer Sciences

11.3. Food Science and Nutrition			
11.3.3. GRADE 3	11.3.6. GRADE 6	11.3.9. GRADE 9	11.3.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to . . .</i>			
<p>A. Know the production steps that a food travels from the farm to the consumer.</p> <p>B. Describe personal hygiene techniques in food handling (e.g., handwashing, sneeze control, signs of food spoilage).</p> <p>C. Explain the importance of eating a varied diet in maintaining health.</p> <p>D. Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.</p> <p>E. Define energy-yielding nutrients and calories.</p>	<p>A. Demonstrate knowledge of techniques used to evaluate food in various forms (e.g., canned, frozen, dried, irradiated).</p> <p>B. Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).</p> <p>C. Analyze factors that effect food choices.</p> <p>D. Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>E. Explain the relationship between calories, nutrient and food input versus energy output; describe digestion.</p>	<p>A. Explain how scientific and technological developments) enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).</p> <p>B. Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.</p> <p>C. Analyze the impact of food addictions and eating disorders on health.</p> <p>D. Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).</p> <p>E. Analyze the energy requirements, nutrient requirements and body composition for individuals at various stages of the life cycle.</p>	<p>A. Analyze how food engineering and technology trends will influence the food supply.</p> <p>B. Evaluate the role of Government agencies in safeguarding our food supply (e.g., USDA, FDA, EPA and CDC).</p> <p>C. Evaluate sources of food and nutrition information.</p> <p>D. Critique diet modifications for their ability to improve nutritionally-related health conditions (e.g., diabetes, lactose-intolerance, iron deficiency).</p> <p>E. Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body.</p>

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<p>F. Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).</p> <p>G. Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).</p>	<p>F. Analyze basic food preparation techniques and food-handling procedures.</p> <p>G. Describe the physical, biological, and chemical changes that take place in food preparation.</p>	<p>F. Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</p> <p>G. Analyze the application of physical and chemical changes that occur in food during preparation and preservation.</p>	<p>F. Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.</p> <p>G. Analyze the relevance of scientific principles to food processing, preparation and packaging.</p>
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Proposed Academic Standards for Family and Consumer Sciences

11.4. Child Development			
11.4.3. GRADE 3	11.4.6. GRADE 6	11.4.9. GRADE 9	11.4.12. GRADE 12
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to . . .</i>			
<p>A. Identify characteristics in each stage of child development.</p> <ul style="list-style-type: none"> • Infancy • Early childhood • Middle childhood • Late childhood • Adolescence <p>B. Identify health and safety needs for children at each stage of child development.</p> <p>C. Identify the characteristics of a learning environment.</p> <p>D. Identify community resources provided for children.</p> <p>E. Explain how the home and community help a person learn to read, write and compute.</p>	<p>A. Compare and contrast child development guided practices according to the stage of child developmental.</p> <p>B. Identify ways to keep children healthy and safe at each stage of child development.</p> <p>C. Identify the role of the caregiver in providing a learning environment (e.g., baby-sitting, daycare, preschool).</p> <p>D. Identify considerations prior to selecting childcare providers.</p> <p>E. Identify characteristics of quality literature for children and other literacy enhancing activities.</p>	<p>A. Analyze physical, intellectual and social/emotional development in relation to theories of child development.</p> <p>B. Evaluate health and safety hazards relating to children at each stage of child development.</p> <p>C. Evaluate various environments to determine if they provide the characteristics of a proper learning environment.</p> <p>D. Analyze the roles, responsibilities and opportunity for family involvement in schools.</p> <p>E. Explain how storytelling, story reading and writing enhance literacy development in children.</p>	<p>A. Analyze current research on existing theories in child development and its impact on parenting (e.g., Piaget, Erikson and prior findings versus new brain development research).</p> <p>B. Analyze current issues in health and safety affecting children at each stage of child development.</p> <p>C. Analyze practices that optimize child development (e.g., stimulation, safe environment, nurturing caregivers, reading to children).</p> <p>D. Analyze plans and methods to blend work and family responsibilities to meet the needs of children.</p> <p>E. Identify practices that develop the child's imagination, creativity and reading and writing skills through literature.</p>

Proposed Academic Standards for Family and Consumer Sciences

XXXIII. GLOSSARY

Aesthetics:	Appreciation of and responsive to beauty.
CDC:	Center for Disease Control
Child-care provider considerations:	Criteria to use in evaluating child care facilities. These include well-trained and highly motivated staff, pleasant sanitary surroundings, variety in toys and supplies, ratio of staff to children.
Child development stage:	An age range with similar growth characteristics: infancy, toddler, pre-schooler, school age, adolescent.
Consumer responsibilities:	The need to interpret information in care instructions, safety precautions and proper use of consumable goods as a user of goods and services.
Consumer rights:	The guarantee to be safe, the right to be informed, to be heard, to choose consumer education and to redress as a user of goods and services.
Dietary guidelines:	A set of seven recommendations developed by the United States Department of Agriculture and Health and Human Services to help healthy people over age two know what to eat to stay healthy.
Developmental tasks:	Changes in the thinking and behavior of individuals over time.
Empathy:	The action of understanding another's thoughts, feelings and behaviors.
EPA:	Environmental Protection Agency

Proposed Academic Standards for Family and Consumer Sciences

- FCCLA Action planning procedure:** The decision making process endorsed by the Family, Career and Community Leaders of America, involving five steps:
1. Identify concerns - brainstorm and evaluate, narrow choices to workable ideas.
 2. Set your goals - write what you want to accomplish as an achievable objective.
 3. Form a plan - who, what, when, where and how.
 4. Act - carry out the plan.
 5. Follow up - determine if your goal was met and create an improvement plan.
- FDA:** Food and Drug Administration
- Family, Career and:
Community Leaders
Of America:** Vocational student organization sponsored by Family and Consumer Sciences classrooms.
- Food guide pyramid:** A visual tool used to help people plan healthy diets according to the Dietary Guidelines for America.
- Guided practices:** Interaction with a child based on age appropriate developmental principles.
- I message:** A statement containing three parts:
1. The situation
 2. How it makes the speaker feel
 3. What will happen if it continues.
- Kinship:** Relationships or relatives.
- Leadership skills:** The ability to:
- Use resources
 - Delegate authority
 - Communicate effectively
 - Assess composition of group
 - Determine and rank goals
 - Evaluate consequences.

Proposed Academic Standards for Family and Consumer Sciences

Microbial contamination:	Most common food contaminants causing foodborne illnesses.
Nutrient:	A basic component of food that nourishes the body.
Opportunity cost:	The highest valued alternative given up when a decision is made.
Practical reasoning:	A decision making process unique because of its emphasis on relationships and involving six steps: <ol style="list-style-type: none">1. Identify situation to be solved2. Identify reliable information3. List choices and examine consequences4. Develop plan of action5. Draw conclusions6. Reflect on decisions.
Redress:	To set right or remedy.
Toxic chemical:	Contaminants found in natural, environmental and pesticide residue forms that are poisonous to the body.
Scarcity:	The lack of provisions for the support of life.
Team work skills:	The ability to: <ul style="list-style-type: none">• Collaborate• Cooperate• Set community goals• Reach consensus.
Trade-off:	Exchange of goods, services or monies.
USDA:	United States Department of Agriculture



Commonwealth of Pennsylvania
STATE BOARD OF EDUCATION

January 31, 2002

Mr. Robert E. Nyce
Executive Director
Independent Regulatory Review Commission
14th Floor
333 Market Street
Harrisburg, PA 17126

Dear Mr. Nyce:

Enclosed are copies of proposed regulations for review by your Commission pursuant to the Regulatory Review Act. The proposed regulations, Chapter 4, Appendix D (regulatory package #006-276) relate to academic standards in Arts and Humanities, Health, Safety and Physical Education, and Family and Consumer Sciences.

The Regulatory Review Act provides that the Commission must, within 10 days from the closing date of the Committees' review period, submit comments to the Board regarding the regulations. We anticipate that the regulations will be published in the Pennsylvania Bulletin on February 16, 2002.

The State Board of Education will provide your Commission with any assistance you may require to facilitate a thorough review of these proposed regulations.

Thank you for your consideration.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Karl R. Girton'.

Karl R. Girton
Chairperson
Council of Basic Education

cc: Charles B. Zogby
Gregory Dunlap, Esq.

**TRANSMITTAL SHEET FOR REGULATIONS SUBJECT TO THE
REGULATORY REVIEW ACT**

I.D. NUMBER: 6-276

SUBJECT: Academic Standards for Arts & Humanities, Health, Safety, & Physical Education & Family & Consumer Sciences

AGENCY: DEPARTMENT OF EDUCATION

TYPE OF REGULATION

- X Proposed Regulation
- Final Regulation
- Final Regulation with Notice of Proposed Rulemaking Omitted
- 120-day Emergency Certification of the Attorney General
- 120-day Emergency Certification of the Governor
- Delivery of Tolled Regulation
 - a. With Revisions
 - b. Without Revisions

RECEIVED
 DEPARTMENT OF EDUCATION
 JAN 29 2002

FILING OF REGULATION

DATE	SIGNATURE	DESIGNATION
1/31/02	<i>Cleane Roman</i>	HOUSE COMMITTEE ON EDUCATION
"	<i>Michael Tugill</i>	
1/31/02	<i>J. Guigui</i>	SENATE COMMITTEE ON EDUCATION
1/31/02	<i>B. Steen</i>	
1/31/02	<i>Elena Pagan</i>	INDEPENDENT REGULATORY REVIEW COMMISSION
		ATTORNEY GENERAL
01/31/02	<i>David B. ...</i>	LEGISLATIVE REFERENCE BUREAU

January 28, 2002