

Health

1. Students understand concepts related to health promotion and disease prevention as a foundation for a healthy life.													
	I (Introduce), R (Reinforce/Expand), A (Apply)												
1. Student will demonstrate the ability to perform:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Describe relationships between personal health behaviors and individual well being.	I	I	R	A	A	A	A	A	A	A	A	A	A
◆ Identify indicators of mental, emotional, social and physical health during childhood.		I	I	R	R	R	A	A	A	A	A	A	A
◆ Analyze the basic structure and functions of the human body systems as they are impacted by personal health behaviors.				I	R	R	A	A	A	A	A	A	A
◆ Describe how physical, social, emotional and family environments influence personal health.		I	I	R	R	R	A	A	A	A	A	A	A
◆ Identify health problems that should be detected and treated early. R-4			I	R	R	R	R	A	A	A	A	A	A
◆ Explain how childhood injuries and illnesses can be prevented or treated.	I	I	R	R	A	A	A	A	A	A	A	A	A
◆ Analyze how environment and personal health are related.						I	I	R	R	R	R	A	A
◆ Analyze how lifestyle, family history, pathogens and other risk factors are related to the cause or prevention of disease and other health problems. R-4						I	I	R	R	A	A	A	A
◆ Describe how to delay onset and reduce risks of potential life-long health problems.						I	R	A	A	A	A	A	A
◆ Analyze how public health policies, government regulations and public pressure influence health promotion and disease prevention. R-15								I	R	A	A	A	A

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2. Students will demonstrate the ability to access valid health information and health-promoting products and services													
I (Introduce), R (Reinforce/Expand), A (Apply)													
Student will demonstrate the ability to:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Analyze and evaluate characteristics of valid health information and health-promoting products and services.				I	R	R	A	A	A	A	A	A	A
◆ Utilize and analyze the ability to locate resources from home, school and community that provide valid health information. R-7,15				I	I	R	A	A	A	A	A	A	A
◆ Describe, compare and evaluate the relationship between health products and services and money. M(N&O)-5						I	I	R	R	A	A	A	A
◆ Analyze and evaluate situations requiring professional health services.				I	R	R	A	A	A	A	A	A	A
◆ Explain and evaluate requirements for entering and pursuing specific health careers.										I	R	A	A

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3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.													
	I (Introduce), R (Reinforce/Expand), A (Apply)												
Student will demonstrate the ability to:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Explain and analyze personal health needs and health habits.	I	I	I	R	R	A	A	A	A	A	A	A	A
◆ Recognize stressful situations and identify appropriate ways to manage them.			I	R	R	A	A	A	A	A	A	A	A
◆ Identify, explain and evaluate the importance of assuming responsibility for personal health behaviors.	I	I	I	R	R	A	A	A	A	A	A	A	A
◆ Identify, analyze and evaluate personal health habits to determine health strengths and risks.	I	I	I	R	R	A	A	A	A	A	A	A	A
◆ Compare and distinguish personal health habits to determine strategies for health enhancement and risk reduction. R-7	I	I	I	R	R	A	A	A	A	A	A	A	A
◆ Identify and analyze the short-term and long-term consequences of safe, risky and harmful behaviors.			I	I	I	I	R	R	R	A	A	A	A
◆ Recognize and identify strategies to manage stress in individuals.			I	R	R	R	A	A	A	A	A	A	A

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4. Students will analyze the influence of culture, media, technology and other factors on health.													
I (Introduce), R (Reinforce/Expand), A (Apply)													
Student will demonstrate the ability to:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Demonstrate awareness of the influence of culture upon personal health behaviors.					I	R	A	A	A	A	A	A	A
◆ Describe and analyze the influence of cultural beliefs on health behaviors and the use of health services.					I	R	A	A	A	A	A	A	A
◆ Identify, explain, analyze and evaluate the effects of media and other factors on personal, family and community health.		I	I	R	R	A	A	A	A	A	A	A	A
◆ Identify, explain and evaluate the impact of technology on personal, family, and community health.			I	I	I	R	A	A	A	A	A	A	A
◆ Identify, explain and analyze how information from school, family, peers and community influences health.	I	I	R	R	R	A	A	A	A	A	A	A	A
◆ Research a school or community health issue resulting from the influence of culture, media, technology and other factors. R-15										I	R	A	A
◆ Develop and implement a solution to a researched health issue. R-4										I	R	A	A

5. Student will demonstrate the ability to use interpersonal communication skills to enhance health.													
	I (Introduce), R (Reinforce/Expand), A (Apply)												
Student will demonstrate the ability to:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Identify and demonstrate effective verbal and non-verbal communication skills to enhance health.	I	I	R	R	A	A	A	A	A	A	A	A	A
◆ Describe characteristics needed to be a responsible friend and family member.	I	I	R	A	A	A	A	A	A	A	A	A	A
◆ Demonstrate healthy ways to express needs, wants, and feelings.	I	I	R	A	A	A	A	A	A	A	A	A	A
◆ Explain attentive listening skills needed to build and maintain healthy relationships. OC-1	I	R	R	A	A	A	A	A	A	A	A	A	A
◆ Demonstrate healthy ways to communicate care, consideration and respect of self and others.	I	I	R	A	A	A	A	A	A	A	A	A	A
◆ Demonstrate refusal skills needed to enhance health.	I	I	I	R	R	A	A	A	A	A	A	A	A
◆ Differentiate between negative and positive responses to conflict situations.	I	I	R	R	A	A	A	A	A	A	A	A	A
◆ Describe how the behavior of family and peers affects interpersonal communication.					I	I	R	A	A	A	A	A	A
◆ Demonstrate communication skills needed to build and maintain healthy relationships.						I	R	A	A	A	A	A	A
◆ Demonstrate strategies for solving interpersonal conflicts without harming self or others.						I	I	R	R	A	A	A	A
◆ Demonstrate refusal, negotiation and collaboration skills needed to avoid potentially harmful situations.							I	R	A	A	A	A	A
◆ Demonstrate strategies needed to manage conflict in healthy ways.	I	I	R	R	A	A	A	A	A	A	A	A	A
◆ Analyze the possible causes of conflict among youth in schools and communities.							I	R	A	A	A	A	A
◆ Evaluate the effectiveness of communication methods for accurately expressing health information and ideas. R-15										I	R	A	A
◆ Apply strategies to a selected situation that facilitate effective communication among individuals or groups.										I	R	A	A

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6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.													
	I (Introduce), R (Reinforce/Expand), A (Apply)												
Student will demonstrate the ability to:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	I	I	I	R	R	A	A	A	A	A	A	A	A
◆ Explain and analyze how health-related decisions are influenced by individuals, family and community values.			I	I	R	R	A	A	A	A	A	A	A
◆ Predict immediate and long-term impact of health decisions on the individual family and community. R-5			I	R	R	A	A	A	A	A	A	A	A
◆ Analyze and evaluate the ability to use different strategies when making decisions related to the health needs and risks of young adults.						I	R	A	A	A	A	A	A
◆ Design, evaluate and implement a plan for attaining a personal health goal. R-16									I	R	A	A	A
◆ Formulate an effective plan for optimal lifelong health. R-16									I	R	A	A	A

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7. Students will demonstrate the ability to advocate for personal, family, community and environmental health.													
I (Introduce), R (Reinforce/Expand), A (Apply)													
Student will demonstrate the ability to:	K	1	2	3	4	5	6	7	8	9	10	11	12
◆ Discuss accurate information and express opinions about health issues. R-8		I	R	A	A	A	A	A	A	A	A	A	A
◆ Describe, analyze and design methods for accurately expressing health information and ideas.			I	R	R	R	A	A	A	A	A	A	A
◆ Identify community agencies that advocate for healthy individuals, families, and schools.			I	R	R	R	A	A	A	A	A	A	A
◆ Influence and support others in making positive health choices.		I	I	R	R	R	A	A	A	A	A	A	A
◆ Work cooperatively when advocating for healthy community and healthy environment.			I	I	I	I	R	R	R	A	A	A	A
◆ Adapt health messages and techniques to the characteristics of a particular audience. W-2,6										I	R	A	A
◆ Evaluate community health services and systems currently in place and make recommendations for improving those systems and services. R-15											I	R	A