

**1.0 Health Education**  
**Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts**

**Concept 1: Understand Relationship Between Health Behaviors and Health**

<b>Grade Pre-K - 2</b>	<b>Grades 3 - 5</b>	<b>Grades 6 - 8</b>
PO 1. Identify that healthy behaviors affect personal health and overall well-being	PO 1. Describe the relationship between healthy behaviors and personal health	PO 1. Analyze the relationship between healthy behaviors and personal health

**Concept 2: Understanding Multiple Dimensions of Health**

<b>Grade Pre-K - 2</b>	<b>Grades 3 - 5</b>	<b>Grades 6 - 8</b>
PO 1. Recognize what the human body is and what it means to be healthy	PO 1. Identify examples of emotional, intellectual, physical, and social health	PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence

**Concept 3: Understanding Personal Health**

<b>Grade Pre-K - 2</b>	<b>Grades 3 - 5</b>	<b>Grades 6 - 8</b>
PO 1. Describe ways to prevent communicable diseases	PO 1. Describe ways in which a safe and healthy school and community environment can promote personal health.	PO 1. Analyze how the environment affects personal health
PO 2. Identify that foods are classified into food groups and that a variety of food is needed for personal health, growth, and development	PO 2. Describe the key nutrients contained in the food groups and how these nutrients affect health and learning	PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health
PO 3. Identify that physical activity is integral to good health	PO 3. Describe how physical activity impacts health	PO 3. Analyze how physical activity contributes to disease prevention
		PO 4. Describe how family history can affect personal health

<b><u>Strand 1: Comprehension of Health Promotion and Disease Prevention</u></b>		
<b>Concept 4: Understanding Prevention of Injuries and Health Problems</b>		
<b>Grade Pre-K - 2</b>	<b>Grades 3 - 5</b>	<b>Grades 6 - 8</b>
PO 1. List ways to prevent common childhood injuries	PO 1. Describe ways to prevent common childhood injuries and health problems	PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems.
<b>Concept 5: Understanding Use of Health Care</b>		
<b>Grade Pre-K - 2</b>	<b>Grades 3 - 5</b>	<b>Grades 6 - 8</b>
PO 1. Describe why it is important to seek health care	PO 1. Describe when it is important to seek health care	PO 1. Explain how appropriate health care can promote personal health
<b>Concept 6: Understanding Healthy vs Unhealthy Behaviors</b>		
<b>Grade Pre-K - 2</b>	<b>Grades 3 - 5</b>	<b>Grades 6 - 8</b>
		PO 1. Describe the benefits of and barriers to practicing health behaviors
		PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors
		PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors

<b><u>Strand 2: Analysis of factors Affecting Health Behaviors</u></b>		
<b>Concept 1: External Influences on Personal Health</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Identify how the family influences personal health practices and behaviors	PO 1. Describe how the family influences personal health practices and behaviors	PO 1. Examine how the family influences the health of adolescents
PO2. Recognize how culture influences health practices and behaviors	PO 2. Identify the influence of culture on health practices and behaviors	PO 2. Describe the influence of culture on health beliefs, practices, and behaviors
PO 3. Recognize how peers can influence healthy and unhealthy behaviors	PO 3. Describe how peers can influence healthy and unhealthy behaviors	PO 3. Analyze how peers influence healthy and unhealthy behaviors
PO 4. Identify what the school can do to support personal health practices and behaviors	PO 4. Describe how the school and community can support personal health practices and behaviors	PO4. Analyze how the school and community can affect personal health practices and behaviors.
PO 5. Describe how the media can influence health behaviors	PO 5. Explain how media influences thoughts, feelings, and health behaviors	PO 5. Analyze how messages from media influence health behaviors
PO 6. Recognize how technology can influence personal health	PO 6. Describe ways that technology can influence personal health	PO 6. Analyze the influence of technology on personal and family health
<b>Concept 2: Internal Influences on Personal Health</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
		PO 1. Explain how the perceptions of norms influence healthy and unhealthy behaviors
		PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors
		PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
<b>Concept 3: Influence of Public Policy on Health</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
		PO 1. Examine and explain how school and public health policies can influence health promotion and disease prevention

<b><u>Strand 3:</u> Access to Health Information, Products, and Services to Enhance Health</b>		
<b>Concept 1: Knowledge of Sources of Help</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Identify trusted adults and professionals who can help promote health	PO 1. Identify characteristics of valid health information, products, and services	PO 1. Analyze the validity of health information, products, and services
<b>Concept 2: Accessing Help</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO1. Identify ways to locate school and community health helpers	PO1. Locate resources from home, school, and community that provide valid health information	PO 1. Access valid health information from home, school, and community
		PO 2. Determine the accessibility of products that enhance health
		PO 3. Describe situations that may require professional health services
		PO 4. Locate valid and reliable health products and services

i.e.- means that is. Precedes a specific list of items in which all items should be included.

e.g. - means for example. This list is not exclusive. Other examples may apply.

<b><u>Strand 4:</u> Use of Interpersonal Communication Skills to Enhance Health</b>		
<b>Concept 1: Communication to Enhance Help</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO1. Demonstrate healthy ways to express needs, wants, and feelings	PO 1. Demonstrate effective verbal and nonverbal communication skills to enhance health	PO 1. Apply effective verbal and nonverbal communication skills to enhance health
PO 2. Demonstrate listening skills to enhance health	PO 2. Demonstrate refusal skills that avoid or reduce health risks	PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks
<b>Concept 2: Self Protection and Dealing with Conflict</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation	PO 1. Demonstrate nonviolent strategies to manage or resolve conflict	PO 1. Identify effective conflict management or resolution strategies
<b>Concept 3: Asking for Help</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Demonstrate ways to tell a trusted adult if threatened or harmed	PO 1. Demonstrate how to ask for assistance to enhance personal health	PO 1. Identify ways to ask for assistance to enhance the health of self and others

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<b><u>Strand 5: Use of Decision-Making Skills to Enhance Health</u></b>		
<b>Concept 1: Influences on Health Decision Making</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO1. Identify circumstances that can help or hinder healthy decision making	PO 1. Identify circumstances that can help or hinder healthy decision making	PO 1. Identify circumstances that can help or hinder healthy decision making
<b>Concept 2: Application of Decision-Making Skills to Health</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Identify situations when a health-related decision is needed	PO 1. Identify health-related situations that might require a thoughtful decision	PO 1. Determine when health-related situations require the application of a thoughtful decision-making process
PO 2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed	PO 2. Analyze when assistance is needed when making a health-related decision	PO 2. Distinguish when individual or collaborative decision making is appropriate
	PO 3. List healthy options to health-related issues or problems	PO 3. Distinguish between healthy and unhealthy alternatives to health-related issues or problems
	PO 4. Predict the potential outcomes of each option when making a health related decision	PO 4. Predict the potential short-term impact of each alternative on self and others
	PO 5. Choose a healthy option when making a decision	PO 5. Choose healthy alternatives over unhealthy alternatives when making a decision
	PO 6. Describe the outcomes of a health-related decision	PO 6. Analyze the outcomes of a health-related decision

<b><u>Strand 6:</u> Use of Goal-Setting Skills to Enhance Health</b>		
<b>Concept 1: Assessment of Health</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
		PO 1. Assess personal health practices
<b>Concept 2: Health-Related Goal Setting</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Identify a short-term personal health goal and take action toward achieving the goal	PO 1. Set a personal health goal and track progress toward its achievement	PO 1. Develop a goal to adopt, maintain, or improve a personal health practice
PO 2. Identify who can help when assistance is needed to achieve a personal health goal	PO 2. Identify resources to assist in achieving a personal health goal	PO 2. Apply strategies and skills needed to attain a personal health goal
		PO 3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities

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<b><u>Strand 7:</u> Ability to Practice Health-Enhancing Behaviors</b>		
Concept 1: Personal Responsibility for Health		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
	PO 1. Identify responsible personal health behaviors	PO 1. Explain the importance of assuming responsibility for personal health behaviors
<b>Concept 2: Healthy Practices and Behaviors</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Demonstrate healthy practices and behaviors to maintain or improve personal health	PO 1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health	PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others
PO 2. Demonstrate behaviors that avoid or reduce health risks	PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks	PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others

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<b><u>Strand 8: Ability to Advocate for Health</u></b>		
<b>Concept 1: Personal Advocacy</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
PO 1. Make requests to promote personal health	PO 1. Express opinions and give accurate information about health issues	PO 1. State a health enhancing position on a topic and support it with accurate information
PO 2. Encourage family and peers to make positive health choices	PO 2. Encourage others to make positive health choices	PO 2. Demonstrate how to influence and support others to make positive health choices
<b>Concept 2: Collective Advocacy</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
		PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools
<b>Concept 3: Tailoring Advocacy Message to Audience</b>		
<b>Grade Pre-K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>
		PO 1. Identify ways in which health messages and communication techniques can be altered for different audiences.