



Health Standards

Standard 1

Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2

A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3

Resource Management

Students will understand and be able to manage their personal and community resources.

Alternate Assessment Standards for Students with Severe Disabilities

Standard 1

Standard 2

Standard 3

STANDARD Personal Health and Fitness

1

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will:

Health Education

understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- know how basic body systems work and interrelate in normal patterns of growth and development

- integrate knowledge of basic body systems with an understanding of the changes that accompany puberty

- understand human growth and development throughout the life cycle

- possess basic knowledge and skills which support positive health choices and behaviors

- apply prevention and risk reduction strategies to adolescent health problems

- demonstrate the necessary knowledge and skills to promote healthy development into adulthood

- understand how behaviors such as food selection, exercise, and rest affect growth and development

- demonstrate the necessary knowledge and skills to promote healthy adolescent development

- apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood

- recognize influences which affect health choices and behaviors

- analyze the multiple influences which affect health decisions and behaviors

- evaluate how the multiple influences which affect health decisions and behaviors can be altered

- know about some diseases and disorders and how they are prevented and treated

- practice and support others in making healthy choices

STANDARD A Safe and Health Environment

2

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will:

Health Education

acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- understand basic safety rulest

- assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks

- recognize hazardous conditions in the home, school, work place, and community and propose solutions to eliminate or reduce them

- recognize potentially dangerous situations and know how to avoid or reduce their risk

- demonstrate personal and social skills which enhance personal health and safety

- devaluate personal and social skills which contribute to health and safety of self and others

- know some personal and social skills which contribute to individual safety

- understand the need for personal involvement in improving the environment

- recognize how individual behavior affects the quality of the environment

- recognize characteristics of the environment that contribute to health

STANDARD Resource Management

3

Students will understand and be able to manage their personal and community resources.

Key Idea: Students will:

Health Education

understand understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- identify characteristics of valid health information and health-promoting products and services and know where to locate them

- distinguish between valid and invalid health information, products and services

- demonstrate how to evaluate health information, products and services for validity and reliability

- understand how culture contributes to individual family and community beliefs and practices affecting health

- recognize how cultural beliefs influence health behaviors and the use of health services

- analyze how cultural beliefs influence health behaviors and the use of health products and services

- know how to access help when illness, injury, or emergency situations occur

- demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools

- demonstrate the ability to access community health services for self and others

- recognize how the media influences health choices

- analyze how media and technology influence the selection of health information, products and services

- use technology and the media to promote positive health messages

- recognize the need to be an advocate for family and community health

- demonstrate advocacy skills in promoting individual, family and community health

- demonstrate the ability to access community health services for prevention, illness, and emergency care

STANDARD 1

Personal Health and Fitness

Health Education

Students will: have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will develop, demonstrate and practice positive health behaviors, skills and choicemaking.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- demonstrate basic knowledge and skills which support positive health choices and behaviors
 - make good food selections and participate in exercise and recreation as part of growth and development
 - develop personal care skills which affect health choices and behaviors
 - demonstrate the use of interpersonal communication skills regarding health related issues
 - practice making healthy choices
-

STANDARD 2

A Safe and Healthy Environment

Health Education

Students will: acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea: Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- behave according to the rules of the home, school and community
 - understand basic safety rules
 - demonstrate the appropriate use of potentially dangerous objects
 - demonstrate personal and social skills which contribute to individual safety
 - communicate social/emotional needs or feelings to others
 - demonstrate caring and respect for themselves and others
-

STANDARD 3

Resource Management

Health Education

Students will: understand and be able to manage their personal and community resources.

Key Idea: Students will know about and use valid health information, products and services. Students will advocate for healthy families and communities.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- demonstrate the use of various health care/health promoting products appropriately
 - demonstrate how to access help when illness, injury or emergency situations occur
-