K-2.HE K-2 Health

K-2.HE.1 Students will understand concepts of health promotion and disease prevention
  K-2.HE.1.A Identify that healthy behaviors impact personal health
  K-2.HE.1.B Recognize that there are multiple dimensions of health; including spiritual, mental, intellectual, emotional, physical, and social
  K-2.HE.1.C Describe ways to prevent communicable diseases
  K-2.HE.1.D Identify ways to prevent common injuries
  K-2.HE.1.E Describe why it is important to seek health care

K-2.HE.2 Students will understand the external influences on health behaviors
  K-2.HE.2.A Identify how the family influences personal health practices and behaviors
  K-2.HE.2.B Recognize that healthy practices and behaviors at school promote positive health
  K-2.HE.2.C Recognize that the media can influence health behaviors

K-2.HE.3 Students will access valid information, products, and services to enhance health
  K-2.HE.3.A Identify trusted adults and professionals who promote health
  K-2.HE.3.B Recognize the benefits of health products and services

K-2.HE.4 Students will demonstrate the ability to use decision-making skills to enhance health
  K-2.HE.4.A Identify situations when a health-related decision is needed
  K-2.HE.4.B Demonstrates healthy choices when making a decision

K-2.HE.5 Students will demonstrate the ability to use goal-setting skills to enhance health
  K-2.HE.5.A Identify a short-term personal health goal and take action toward achieving the goal
  K-2.HE.5.B Identify who can help when assistance is needed to achieve a personal health goal
  K-2.HE.5.C Encourage peers to make positive health choices
3.5.HE  3-5 Health

3-5.HE.1  Students will understand concepts of health promotion and disease prevention
  3-5.HE.1.A  Describe the relationship between healthy behaviors and personal health
  3-5.HE.1.B  Identify examples of the dimensions of health; including spiritual, mental, intellectual, emotional, physical, and social
  3-5.HE.1.C  Describe ways in which safe and healthy school and community environments can promote personal health
  3-5.HE.1.D  Describe ways to prevent common injuries and health problems
  3-5.HE.1.E  Describe when it is important to seek health care

3-5.HE.2  Students will understand the external influences on health behaviors
  3-5.HE.2.A  Describe how the family influences personal health practices and behaviors
  3-5.HE.2.B  Understand the influence of peers, school, and community on health practices and behaviors
  3-5.HE.2.C  Understand how media and technology influences thoughts, feelings, and health behaviors

3-5.HE.3  Students will access valid information, products, and services to enhance health
  3-5.HE.3.A  Recognize the various careers associated with health-related fields
  3-5.HE.3.B  Recognize the validity of health information, products, and services

3-5.HE.4  Students will demonstrate the ability to use decision-making skills to enhance health
  3-5.HE.4.A  Understand when assistance is needed in making a health-related decision
  3-5.HE.4.B  Recognize that options of health-related decisions effect outcomes

3-5.HE.5  Students will demonstrate the ability to use goal-setting skills to enhance health
  3-5.HE.5.A  Recognize a personal health goal and track progress toward its achievement
  3-5.HE.5.B  Identify resources to assist in achieving a personal health goal
  3-5.HE.5.C  Demonstrate advocacy for healthy individuals, families, and schools.
6-8.HE 6-8 Health

6-8.HE.1 Students will understand concepts of health promotion and disease prevention
- 6-8.HE.1.A Analyze the relationship between healthy behaviors and personal health
- 6-8.HE.1.B Describe the interrelationships of health in adolescence; including spiritual, mental, intellectual, emotional, physical, and social
- 6-8.HE.1.C Analyze how environment and family history affects personal health
- 6-8.HE.1.D Describe ways to reduce or prevent injuries and other adolescent health problems, including engaging in unhealthy behaviors
- 6-8.HE.1.E Understand how appropriate health care can promote personal health

6-8.HE.2 Students will understand the external influences on health behaviors
- 6-8.HE.2.A Understand how the family influences the health of adolescence
- 6-8.HE.2.B Understand the influence of culture on health practices and behaviors
- 6-8.HE.2.C Understand the influence of technology on personal and family health, including values and beliefs
- 6-8.HE.2.D Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors

3-5.HE.3 Students will access valid information, products, and services to enhance health
- 6-8.HE.3.A Understand the attributes and requirements for careers associated with health-related fields
- 6-8.HE.3.B Understand the validity of health information, products, and services

3-5.HE.4 Students will demonstrate the ability to use decision-making skills to enhance health
- 6-8.HE.4.A Understand when individual or collaborative decision making is appropriate in health-related situations
- 6-8.HE.4.B Understand the options and outcomes of health-related decisions

3-5.HE.5 Students will demonstrate the ability to use goal-setting skills to enhance health
- 6-8.HE.5.A Understand personal health practices
- 6-8.HE.5.B Develop a goal to adopt, maintain, or improve a personal health practice
- 6-8.HE.5.C Demonstrate advocacy for improving personal, family, and community health