

STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts

Concept 1: Understand Relationship Between Health Behaviors and Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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	PO 1. Predict how healthy behaviors can affect health status

Concept 2: Understanding Multiple Dimensions of Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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	PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health

Concept 3: Understanding Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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 1. Analyze how environment and personal health are interrelated
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 2. Evaluate the impact of food and nutrition, including nutrient deficiencies on health

STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts

Concept 3: Understanding Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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 3. Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention
		PO 4. Describe how family history can affect personal health	PO 4. Analyze how genetics and family history can impact personal health

Concept 4: Understanding Prevention of Injuries and Health Problems			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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	PO 1. Propose ways to reduce or prevent injuries and health problems

Concept 5: Understanding Use of Health Care			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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	PO 1. Analyze the relationship between access to health care and health status

STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts

Concept 6: Understanding Healthy vs. Unhealthy Behaviors			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Describe the benefits of and barriers to practicing healthy behaviors	PO 1. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors
		PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors	PO 2. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors
		PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors	PO 3. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors