

STRAND 6: Use of Goal-Setting Skills to Enhance Health

Concept 1: Assessment of Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Assess personal health practices	PO 1. Assess personal health practices and overall health status

Concept 2: Health-Related Goal Setting			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
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 1. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks
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 2. Implement strategies and monitor progress in achieving a personal health goal
		PO 3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities	PO 3. Formulate an effective long-term personal health plan