

Health Education

1

Comprehend concepts related to **health promotion** and **disease prevention** to enhance personal health.

2

Analyze the **influence of family, peers, culture, media, technology** and other factors on health behaviors.

3

Demonstrate the ability to access **valid information, products, and services** to enhance health.

4

Demonstrate the ability to use **interpersonal communication skills** to enhance health and avoid or reduce health risks.

5

Demonstrate the ability to use **decision-making skills** to enhance health.

6

Demonstrate the ability to use **goal-setting skills** to enhance health.

7

Demonstrate the ability to practice **health-enhancing behaviors** and avoid or reduce health risks.

8

Demonstrate the ability to **advocate for personal, family and community health.**

Physical Education

1

Demonstrate competency in a variety of **motor skills** and **movement patterns**.

2

Apply knowledge of concepts, principles, **strategies** and tactics related to **movement** and **performance**.

3

Demonstrates the knowledge and skills to achieve and maintain a **health-enhancing level of physical activity** and **fitness**.

4

Exhibit responsible **personal** and **social behavior** that **respects** self and others.

5

Recognizes the value of **physical activity for health, enjoyment, challenge, self-expression** and/or **social interaction**.