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.
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**.