



ANKENY
COMMUNITY SCHOOL DISTRICT

Department of Academic Services

6-12 Health Curriculum Review

**June, 2019
(Board approved 2019)**

Health Mission Statement

The mission statement was written collaboratively by representatives of Health teachers, Instructional Coaches and Administrators. The mission statement is a commitment by teachers across the district ensuring a guaranteed and viable curriculum.

Students will acquire foundational knowledge of personal health and wellness that allows them to make healthy decisions, advocate for self, and be a positive influence on others throughout life.

Course Purposes

The following course purposes describe what students will know and demonstrate by the end of the grade or course. Each Grade Level Standard and the Components directly align to this statement, or promise, regarding the guaranteed and viable curriculum.

6th Grade

Students will build a foundation of health knowledge with an emphasis on assuming responsibility for personal health behaviors. Students will practice accessing valid and reliable health information to guide healthy decisions.

7th Grade

Students will strengthen their foundation of health knowledge with an emphasis on assuming responsibility for personal health behaviors. Students will analyze the influence of behaviors on personal health as they learn to advocate for self and be a positive influence on others.

8th Grade

Students will analyze multiple influences and factors on health, develop and apply strategies to attain personal health goals, assess valid and reliable health information and demonstrate the ability to advocate for self and others.

9th Grade

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Recreational Health

Students will analyze and demonstrate skills and ideas to promote positive decision making for a healthy lifestyle.

Grade Level Standards and Components

The Grade Level Standards and Components represent the guaranteed and viable curriculum for all students in Ankeny. Prioritized through a collaborative process, the Grade Level Standards and Components represent the most critical concepts and skills required to be successful learners in school and beyond high school.

The code in parentheses represents the standards from the [National Health Standards](#) - the original document used for the prioritization process. Any Grade Level Standard (Bold and Underlined) labeled as a “Focus” area will have evidence in Infinite Campus’ gradebook and student performance will be reported in Infinite Campus. Those Grade Level Standards are the most critical to student success and, as a result, have been designated as focus areas.

Those Grade Level Standards (Bold and underlined) labeled as “Foundational” or “Introductory” have been designated as agreed upon areas for instruction, but will not have performance reported in Infinite Campus or on a report card. The difference between the levels is the amount of direct instruction and/or experiences students have with the skill during that grade or course.

Any Components (not bold or underlined) under the Grade Level Standard labeled as “Focus” are the critical formative skills required to demonstrate the Grade Level Standard and evidence of learning will be recorded in Infinite Campus. The preponderance of evidence on each Grade Level Standard will determine the performance level on each Grade Level Standard.

The prioritization process allows teachers to target instruction on the skills required for that grade or course. This allows students to focus on only a few grade level standards and dive deeper into the learning. By having multiple and varied opportunities to demonstrate their learning, reporting on the performance of grade level standards is more accurate.

6th Grade

Course Purpose

Students will build a foundation of health knowledge with an emphasis on assuming responsibility for personal health behaviors. Students will practice accessing valid and reliable health information to guide healthy decisions

Grade Level Standards and Components

Health.06.01 Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Focus)

Health.06.01.01 Students will analyze the relationship between healthy behaviors and personal health. 1.8.1 (Focus)

Health.06.01.02 Students will describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.2 (Focus)

Health.06.01.03 Students will describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.5 (Focus)

Health.06.01.04 Students will analyze how the environment affects personal health. 1.8.3 (Introductory)

Health.06.01.05 Students will describe how family history can affect personal health. 1.8.4 (Introductory)

Health.06.01.06 Students will explain how appropriate health care can promote personal health. 1.8.6 (Introductory)

Health.06.01.07 Students will describe the benefits of and barriers to practicing healthy behaviors. 1.8.7 (Introductory)

Health.06.01.08 Students will examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.8 (Introductory)

Health.06.01.09 Students will examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 1.8.9 (Introductory)

Health.06.02 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Focus)

Health.06.02.01 Students will explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.8.7 (Focus)

Health.06.02.02 Students will examine how the family influences the health of adolescents. 2.8.1 (Introductory)

Health.06.02.03 Students will describe how peers influence healthy and unhealthy behaviors. 2.8.3 (Introductory)

Health.06.02.04 Students will describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.8.9 (Introductory)

Health.06.02.05 Students will describe the influence of culture on health beliefs, practices, and behaviors. 2.8.2 (Introductory)

Health.06.02.06 Students will analyze how the school and community can affect personal health practices

and behaviors. 2.8.4 (Introductory)

Health.06.02.07 analyze how messages from media influence health behaviors. 2.8.5 (Introductory)

Health.06.02.08 analyze the influence of technology on personal and family health. 2.8.6 (Introductory)

Health.06.02.9 Students will explain the influence of personal values and beliefs on individual health practices and behaviors. 2.8.8 (Introductory)

Health.06.02.10 Students will explain how school and public health policies can influence health promotion and disease prevention. 2.8.10 (Introductory)

Health.06.03 Students will demonstrate the ability to access valid information, products, and services to enhance health. (Focus)

Health.06.03.01 Students will access valid health information from home, school, and community. 3.8.2 (Focus)

Health.06.03.02 Students will analyze the validity of health information, products, and services. 3.8.1 (Introductory)

Health.06.03.03 Students will determine the accessibility of products that enhance health. 3.8.3 (Introductory)

Health.06.03.04 Students will describe situations that may require professional health services. 3.8.4 (Introductory)

Health.06.03.05 Students will locate valid and reliable health products and services. 3.8.5 (Introductory)

Health.06.04 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (Focus)

Health.06.04.01 Students will demonstrate effective verbal and nonverbal communication skills to enhance health. 4.8.1 (Focus)

Health.06.04.02 Students will demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2 (Focus)

Health.06.04.03 Students will demonstrate how to ask for assistance to enhance the health of self and others. 4.8.4 (Focus)

Health.06.04.04 Students will demonstrate effective conflict management or resolution strategies. 4.8.3 (Foundational)

Health.06.05 Students will demonstrate the ability to use decision-making skills to enhance health. (Focus)

Health.06.05.01 Students will predict the potential short-term impact of each alternative on self and others. 5.8.5 (Focus)

Health.06.05.02 Students will choose healthy alternatives over unhealthy alternatives when making a decision. 5.8.6 (Focus)

Health.06.05.03 Students will analyze the outcomes of a health-related decision. 5.8.7 (Focus)

Health.06.05.04 Students will identify circumstances that can help or hinder healthy decision making. 5.8.1 (Foundational)

Health.06.05.05 Students will determine when health-related situations require the application of a thoughtful decision-making process. 5.8.2 (Foundational)

Health.06.05.06 Students will distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.8.4 (Foundational)

Health.06.05.07 Students will distinguish when individual or collaborative decision making is appropriate. 5.8.3 (Introductory)

Health.06.06 Students will demonstrate the ability to use goal-setting skills to enhance health. (Focus)

Health.06.06.01 Students will assess personal health practices. 6.8.1 (Focus)

Health.06.06.02 Students will develop a goal to adopt, maintain, or improve a personal health practice. 6.8.2 (Introductory)

Health.06.06.03 Students will apply strategies and skills needed to attain a personal health goal. 6.8.3 (Introductory)

Health.06.06.04 Students will describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 6.8.4 (Introductory)

Health.06.07 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (Foundational)

Health.06.07.01 Students will explain the importance of assuming responsibility for personal health behaviors. 7.8.1 (Foundational)

Health.06.07.02 Students will demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.2 (Introductory)

Health.06.07.03 Students will demonstrate behaviors to avoid or reduce health risks to self and others. 7.8.3 (Introductory)

Health.06.08 Students will demonstrate the ability to advocate for personal, family, and community health. (Focus)

Health.06.08.01 Students will state a health-enhancing position on a topic and support it with accurate information. 8.8.1 (Focus)

Health.06.08.02 Students will demonstrate how to influence and support others to make positive health choices. 8.8.2 (Introductory)

Health.06.08.03 Students will work cooperatively to advocate for healthy individuals, families, and schools. 8.8.3 (Introductory)

Health.06.08.04 Students will identify ways in which health messages and communication techniques can be altered for different audiences. 8.8.4 (Introductory)

7th Grade

Course Purpose

Students will strengthen their foundation of health knowledge with an emphasis on assuming responsibility for personal health behaviors. Students will analyze the influence of behaviors on personal health as they learn to advocate for self and be a positive influence on others.

Grade Level Standards and Components

Health.07.01 Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Focus)

Health.07.01.01 Students will analyze the relationship between healthy behaviors and personal health. 1.8.1 (Focus)

Health.07.01.02 Students will describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.2 (Focus)

Health.07.01.03 Students will describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.5 (Focus)

Health.07.01.04 Students will analyze how the environment affects personal health. 1.8.3 (Foundational)

Health.07.01.05 Students will describe how family history can affect personal health. 1.8.4 (Foundational)

Health.07.01.06 Students will examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.8 (Foundational)

Health.07.01.07 Students will examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 1.8.9 (Foundational)

Health.07.01.08 Students will explain how appropriate health care can promote personal health 1.8.6 (Introductory)

Health.07.01.09 Students will describe the benefits of and barriers to practicing healthy behaviors. 1.8.7 (Introductory)

Health.07.02 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Focus)

Health.07.02.02 Students will describe how peers influence healthy and unhealthy behaviors. 2.8.3 (Focus)

Health.07.02.04 Students will analyze how the school and community can affect personal health practices and behaviors. 2.8.4 (Foundational)

Health.07.02.05 Students will analyze how messages from media influence health behaviors. 2.8.5 (Foundational)

Health.07.02.06 Students will analyze the influence of technology on personal and family health. 2.8.6 (Foundational)

Health.07.02.07 Students will explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.8.7 (Foundational)

Health.07.02.08 Students will describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.8.9 (Foundational)

Health.07.02.09 Students will examine how the family influences the health of adolescents. 2.8.1

(Foundational)

Health.07.02.10 Students will describe the influence of culture on health beliefs, practices, and behaviors. 2.8.2 (Introductory)

Health.07.02.11 Students explain the influence of personal values and beliefs on individual health practices and behaviors. 2.8.8 (Introductory)

Health.07.02.12 Students will explain how school and public health policies can influence health promotion and disease prevention. 2.8.10 (Introductory)

Health.07.03 Students will demonstrate the ability to access valid information, products, and services to enhance health. (Focus)

Health.07.03.01 Students will analyze the validity of health information, products, and services. 3.8.1 (Focus)

Health.07.03.02 Students will access valid health information from home, school, and community. 3.8.2 (Foundational)

Health.07.03.03 Students will describe situations that may require professional health services. 3.8.4 (Foundational)

Health.07.03.04 Students will determine the accessibility of products that enhance health. 3.8.3 (Introductory)

Health.07.03.05 Students will locate valid and reliable health products and services. 3.8.5 (Introductory)

Health.07.04 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (Focus)

Health.07.04.01 Students will demonstrate effective verbal and nonverbal communication skills to enhance health. 4.8.1 (Focus)

Health.07.04.02 Students will demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2 (Focus)

Health.07.04.03 Demonstrate how to ask for assistance to enhance the health of self and others. 4.8.4 (Focus)

Health.07.04.04 Students will demonstrate effective conflict management or resolution strategies. 4.8.3 (Foundational)

Health.07.05 Students will demonstrate the ability to use decision-making skills to enhance health. (Focus)

Health.07.05.01 Students will predict the potential short-term impact of each alternative on self and others. 5.8.5 (Focus)

Health.07.05.02 Students will choose healthy alternatives over unhealthy alternatives when making a decision. 5.8.6 (Focus)

Health.07.05.03 Students will analyze the outcomes of a health-related decision. 5.8.7 (Focus)

Health.07.05.04 Students will identify circumstances that can help or hinder healthy decision making. 5.8.1 (Foundational)

Health.07.05.05 Students will distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.8.4 (Foundational)

Health.07.05.06 Students will determine when health-related situations require the application of a thoughtful decision-making process. 5.8.2(Introductory)

Health.07.05.07 Students will distinguish when individual or collaborative decision making is appropriate. 5.8.3(Introductory)

Health.07.06 Students will demonstrate the ability to use goal-setting skills to enhance health. (Focus)

Health.07.06.01 Students will develop a goal to adopt, maintain, or improve a personal health practice. 6.8.2(Focus)

Health.07.06.02 Students will assess personal health practices. 6.8.1(Foundational)

Health.07.06.03 Students will apply strategies and skills needed to attain a personal health goal. 6.8.3 (Foundational)

Health.07.06.04 Students will describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 6.8.4 (Foundational)

Health.07.07 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (Foundational)

Health.07.07.01 Students will explain the importance of assuming responsibility for personal health behaviors. 7.8.1 (Foundational)

Health.07.07.02 Students will demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.2 (Introductory)

Health.07.07.03 Students will demonstrate behaviors to avoid or reduce health risks to self and others. 7.8.3(Introductory)

Health.07.08 Students will demonstrate the ability to advocate for personal, family, and community health. (Focus)

Health.07.08.01 Students will demonstrate how to influence and support others to make positive health choices. 8.8.2 (Focus)

Health.07.08.02 Student will be able to state a health-enhancing position on a topic and support it with accurate information. 8.8.1(Foundational)

Health.07.08.03 Students will work cooperatively to advocate for healthy individuals, families, and schools. 8.8.3(Foundational)

Health.07.08.04 Students will identify ways in which health messages and communication techniques can be altered for different audiences. 8.8.4 (Introductory)

8th Grade

Course Purpose

Students will analyze multiple influences and factors on health, develop and apply strategies to attain personal health goals, assess valid and reliable health information and demonstrate the ability to advocate for self and others.

Grade Level Standards and Components

Health.08.01 Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Focus)

Health.08.01.01 Students will analyze the relationship between healthy behaviors and personal health. 1.8.1(Focus)

Health.08.01.02 Students will describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.2 (Focus)

Health.08.01.03 Students will analyze how the environment affects personal health. 1.8.3 (Focus)

Health.08.01.04 Students will describe how family history can affect personal health. 1.8.4 (Focus)

Health.08.01.05 Students will describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.5 (Focus)

Health.08.01.06 Students will examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.8 (Focus)

Health.08.01.07 Students will examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 1.8.9 (Focus)

Health.08.01.08 Students will explain how appropriate health care can promote personal health 1.8.6 (Foundational)

Health.08.01.09 Students will describe the benefits of and barriers to practicing healthy behaviors.1.8.7 (Foundational)

Health.08.02 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Focus)

Health.08.02.01 Students will examine how the family influences the health of adolescents. 2.8.1(Focus)

Health.08.02.02 Students will describe how peers influence healthy and unhealthy behaviors. 2.8.3 (Focus)

Health.08.02.03 Students will describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.8.9 (Focus)

Health.08.02.04 Students will analyze how the school and community can affect personal health practices and behaviors. 2.8.4 (Foundational)

Health.08.02.05 Students will analyze how messages from media influence health behaviors. 2.8.5 (Foundational)

Health.08.02.06 Students will analyze the influence of technology on personal and family health. 2.8.6 (Foundational)

Health.08.02.07 Students will explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.8.7 (Foundational)

Health.08.02.08 Students will describe the influence of culture on health beliefs, practices, and behaviors.

2.8.2 (Introductory)

Health.08.02.09 Students will explain the influence of personal values and beliefs on individual health practices and behaviors. 2.8.8 (Introductory)

Health.08.02.10 Students will explain how school and public health policies can influence health promotion and disease prevention. 2.8.10 (Introductory)

Health.08.03 Students will demonstrate the ability to access valid information, products, and services to enhance health. (Focus)

Health.08.03.01 Students will analyze the validity of health information, products, and services.

3.8.1(Focus)

Health.08.03.02 Students will access valid health information from home, school, and community. 3.8.2 (Focus)

Health.08.03.04 Students will describe situations that may require professional health services. 3.8.4 (Foundational)

Health.08.03.05 Students will determine the accessibility of products that enhance health.

3.8.3(Introductory)

Health.08.03.06 Students will locate valid and reliable health products and services. 3.8.5 (Introductory)

Health.08.04 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (Focus)

Health.08.04.01 Students will demonstrate how to ask for assistance to enhance the health of self and others. 4.8.4 (Focus)

Health.08.04.02 Students will demonstrate effective conflict management or resolution strategies. 4.8.3 (Foundational)

Health.08.04.03 Students will demonstrate effective verbal and nonverbal communication skills to enhance health. 4.8.1 (Introductory)

Health.08.04.04 Students will demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2 (Introductory)

Health.08.05 Students will demonstrate the ability to use decision-making skills to enhance health. (Focus)

Health.08.05.02 Students will predict the potential short-term impact of each alternative on self and others. 5.8.5 (Focus)

Health.08.05.03 Students will choose healthy alternatives over unhealthy alternatives when making a decision. 5.8.6 (Focus)

Health.08.05.04 Students will analyze the outcomes of a health-related decision. 5.8.7 (Focus)

Health.08.05.06 Students will determine when health-related situations require the application of a thoughtful decision-making process. 5.8.2 (Foundational)

Health.08.06 Students will demonstrate the ability to use goal-setting skills to enhance health. (Focus)

Health.08.06.01 Students will develop a goal to adopt, maintain, or improve a personal health practice.

6.8.2 (Focus)

Health.08.06.02 Students will apply strategies and skills needed to attain a personal health goal. 6.8.3 (Focus)

Health.08.06.03 Students will be able to assess personal health practices. 6.8.1 (Foundational)

Health.08.06.04 Students will describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 6.8.4 (Foundational)

Health.08.07 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (Foundational)

Health.08.07.01 Students will explain the importance of assuming responsibility for personal health behaviors. 7.8.1 (Foundational)

Health.08.07.02 Students will demonstrate behaviors to avoid or reduce health risks to self and others. 7.8.3 (Foundational)

Health.08.07.03 Students will demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.2 (Introductory)

Health.08.08 Students will demonstrate the ability to advocate for personal, family, and community health. (Focus)

Health.08.08.01 Students will state a health-enhancing position on a topic and support it with accurate information. 8.8.1 (Focus)

Health.08.08.02 Students will demonstrate how to influence and support others to make positive health choices. 8.8.2 (Focus)

Health.08.08.03 Students will work cooperatively to advocate for healthy individuals, families, and schools. 8.8.3 (Foundational)

Health.08.08.04 Students will identify ways in which health messages and communication techniques can be altered for different audiences. 8.8.4 (Introductory)

9th Grade

Course Purpose

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Grade Level Standards and Components

Health.09.01 Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Focus)

Health.09.01.01 Students will predict how healthy behaviors can affect a healthy life. 1.12.1 (Focus)

Health.09.01.02 Students will describe the connections of emotional, intellectual, physical, and social health. 1.12.2 (Focus)

Health.09.01.03 Students will analyze how physical and social environment and personal health are interrelated. 1.12.3 (Focus)

Health.09.01.04 Students will propose ways to reduce or prevent injuries and health problems. 1.12.5 (Focus)

Health.09.01.05 Students will compare and contrast the benefits and barriers to practicing healthy behaviors. 1.12.7 (Focus)

Health.09.01.06 Students will analyze the relationship between access to healthcare and personal health issues. 1.12.6 (Foundational)

Health.09.01.07 Students will analyze personal susceptibility to injury, illness, or death, if engaging in unhealthy behaviors. 1.12.8 (Foundational)

Health.09.01.08 Students will analyze the potential severity of injury or illness if engaging in unhealthy behaviors. 1.12.9 (Foundational)

Health.09.01.09 Students will analyze how genetics and family history can impact personal health. 1.12.4 (Introductory)

Health.09.02 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Focus)

Health.09.02.01 Students will analyze how peers influence healthy and unhealthy behaviors. 2.12.3 (Focus)

Health.09.02.02 Students will evaluate the effect of media on personal and family health. 2.12.5 (Focus)

Health.09.02.03 Students will evaluate the impact of technology on personal, family, and community health. 2.12.6 (Focus)

Health.09.02.04 Students will analyze how some health risk behaviors of others influence the possibility of engaging in unhealthy behaviors. 2.12.9 (Focus)

Health.09.02.05 Students will analyze how the family influences the health of individuals. 2.12.1 (Foundational)

Health.09.02.06 Students will analyze how the social behavior norms and/or diversity supports and challenges health beliefs, practices and behaviors. 2.12.2 (Foundational)

Health.09.02.07 Students will evaluate how the school and community can affect personal health practice and behaviors. 2.12.4 (Foundational)

Health.09.02.08 Students will analyze your individual understanding of norms and how they influence healthy and unhealthy behaviors. 2.12.7 (Foundational)

Health.09.02.09 Students will analyze the influence of personal values and beliefs on individual health practices and behaviors. 2.12.8 (Foundational)

Health.09.02.10 Students will analyze how public health policies and government regulations influence health promotion and disease prevention. 2.12.10 (Introductory)

Health.09.03 Students will demonstrate the ability to access valid information, products, and services to enhance health. (Focus)

Health.09.03.01 Students will evaluate the validity of health information, products and services. 3.12.1 (Focus)

Health.09.03.02 Students will use resources from home, school, and community that provide valid health information. 3.12.2 (Focus)

Health.09.03.03 Students will determine when professional health services may be required. 3.12.4 (Focus)

Health.09.03.04 Students will determine the accessibility of products and services that enhance health. 3.12.3 (Foundational)

Health.09.03.05 Students will access valid and reliable health products and services. 3.12.5 (Foundational)

Health.09.04 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (Focus)

Health.09.04.01 Students will use skills for communicating effectively with family, peers, and others to enhance health. 4.12.1 (Focus)

Health.09.04.02 Students will demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. 4.12.2 (Focus)

Health.09.04.03 Students will demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others. 4.12.3 (Focus)

Health.09.04.04 Students will demonstrate how to ask for and offer assistance to enhance the health of self and others. 4.12.4 (Focus)

Health.09.05 Students will demonstrate the ability to use decision-making skills to enhance health. (Focus)

Health.09.05.01 Students will determine the value of applying a thoughtful decision-making process in health-related situations. 5.12.2 (Focus)

Health.09.05.02 Students will predict the potential short-term and long-term impact of each alternative on self and others. 5.12.5 (Focus)

Health.09.05.03 Students will defend the healthy choice when making decisions. 5.12.6 (Focus)

Health.09.05.04 Students will evaluate the effectiveness of health-related decisions. 5.12.7 (Focus)

Health.09.05.05 Students will examine barriers that can hinder healthy decision making. 5.12.1 (Foundational)

Health.09.05.06 Students will justify when individual or collaborative decision making is appropriate.

5.12.3 (Foundational)

Health.09.05.07 Students will generate alternatives to unhealthy behaviors or problems. 5.12.4 (Foundational)

Health.09.06 Students will demonstrate the ability to use goal-setting skills to enhance health. (Focus)

Health.09.06.01 Students will assess personal health practices and overall health status. 6.12.1 (Focus)

Health.09.06.02 Students will develop a plan to attain a personal health goal that addresses strengths, needs, and risks. 6.12.2 (Focus)

Health.09.06.03 Students will implement strategies and monitor progress in achieving a personal health goal. 6.12.3 (Focus)

Health.09.06.04 Students will formulate an effective long-term personal health plan. 6.12.4 (Focus)

Health.09.07 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.(Focus)

Health.09.07.01 Students will analyze the role of individual responsibility for enhancing health 7.12.1 (Focus)

Health.09.07.02 Students will demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others 7.12.2 (Foundational)

Health.09.07.03 Students will demonstrate a variety of behaviors to avoid or reduce health risks to self and others. 7.12.3 (Foundational)

Health.09.08 Students will demonstrate the ability to advocate for personal, family, and community health. (Focus)

Health.09.08.01 Students will demonstrate how to influence and support others to make positive health choices 8.12.2 (Focus)

Health.09.08.02 Students will work cooperatively as an advocate for improving personal, family, and community health. 8.12.3 (Focus)

Health.09.08.03 Students will utilize accurate peer and societal norms to formulate a health-enhancing message. 8.12.1 (Foundational)

Health.09.08.04 Students will adapt health messages and communication techniques to a specific target audience. 8.12.4 (Introductory)

Recreational Health

Course Purpose

Students will analyze and demonstrate skills and ideas to promote positive decision making for a healthy lifestyle.

Grade Level Standards and Components

Health.HSH.01 Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Focus)

Health.HSH.01.01 Students will predict how healthy behaviors can affect a healthy life. 1.12.1 (Focus)

Health.HSH.01.02 Students will describe the connections of emotional, intellectual, physical, and social health. 1.12.2 (Focus)

Health.HSH.01.03 Students will analyze how physical and social environment and personal health are interrelated. 1.12.3 (Focus)

Health.HSH.01.04 Students will analyze how genetics and family history can impact personal health. 1.12.4 (Focus)

Health.HSH.01.05 Students will compare and contrast the benefits and barriers to practicing healthy behaviors. 1.12.7 (Focus)

Health.HSH.01.06 Students will propose ways to reduce or prevent injuries and health problems. 1.12.5 (Foundational)

Health.HSH.01.07 Students will analyze personal susceptibility to injury, illness, or death, if engaging in unhealthy behaviors. 1.12.8 (Foundational)

Health.HSH.01.08 Students will analyze the potential severity of injury or illness if engaging in unhealthy behaviors. 1.12.9 (Foundational)

Health.HSH.01.09 Students will analyze the relationship between access to healthcare and personal health issues. 1.12.6 (Introductory)

Health.HSH.02 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Focus)

Health.HSH.02.01 Students will analyze how peers influence healthy and unhealthy behaviors. 2.12.3 (Focus)

Health.HSH.02.02 Students will evaluate the impact of technology on personal, family, and community health. 2.12.6 (Focus)

Health.HSH.02.03 Students will analyze the influence of personal values and beliefs on individual health practices and behaviors. 2.12.8 (Focus)

Health.HSH.02.04 Students will evaluate how the school and community can affect personal health practice and behaviors. 2.12.4 (Foundational)

Health.HSH.02.05 Students will analyze how some health risk behaviors of others influence the possibility of engaging in unhealthy behaviors. 2.12.9 (Foundational)

Health.HSH.02.06 Students will analyze how the family influences the health of individuals. 2.12.1 (Introductory)

Health.HSH.02.07 Students will analyze how the social behavior norms and/or diversity supports and challenges health beliefs, practices and behaviors. 2.12.2 (Introductory)

Health.HSH.02.08 Students will evaluate the effect of media on personal and family health. 2.12.5 (Introductory)

Health.HSH.02.09 Students will analyze your individual understanding of norms and how they influence healthy and unhealthy behaviors. 2.12.7 (Introductory)

Health.HSH.02.10. Students will analyze how public health policies and government regulations influence health promotion and disease prevention. 2.12.10 (Introductory)

Health.HSH.03 Students will demonstrate the ability to access valid information, products, and services to enhance health. (Focus)

Health.HSH.03.01 Students will determine the accessibility of products and services that enhance health 3.12.3 (Focus)

Health.HSH.03.02 Students will determine when professional health services may be required 3.12.4 (Focus)

Health.HSH.03.03 Students will evaluate the validity of health information, products and services. 3.12.1 (Introductory)

Health.HSH.03.04 Students will use resources from home, school, and community that provide valid health information 3.12.2. (Introductory)

Health.HSH.03.05 Students will access valid and reliable health products and services 3.12.5 (Introductory)

Health.HSH.04 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (Focus)

Health.HSH.04.01 Students will use skills for communicating effectively with family, peers, and others to enhance health 4.12.1 (Focus)

Health.HSH.04.02 Students will demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks 4.12.2 (Focus)

Health.HSH.04.03 Students will demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others 4.12.3 (Focus)

Health.HSH.04.04 Students will demonstrate how to ask for and offer assistance to enhance the health of self and others 4.12.4 (Focus)

Health.HSH.05 Students will demonstrate the ability to use decision-making skills to enhance health. (Focus)

Health.HSH.05.01 Students will determine the value of applying a thoughtful decision-making process in health-related situations 5.12.2 (Focus)

Health.HSH.05.02 Students will predict the potential short-term and long-term impact of each alternative on self and others 5.12.5 (Focus)

Health.HSH.05.03 Students will examine barriers that can hinder healthy decision making 5.12.1 (Foundational)

Health.HSH.05.04 Students will evaluate the effectiveness of health-related decisions 5.12.7

(Foundational)Health.HSH.05.05 Students will justify when individual or collaborative decision making is appropriate 5.12.3 (Introductory)

Health.HSH.05.06 Students will generate alternatives to unhealthy behaviors or problems 5.12.4 (Introductory)

Health.HSH.05.07 Students will defend the healthy choice when making decisions 5.12.6 (Introductory)

Health.HSH.06 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (Focus)

Health.HSH.06.01 Students will analyze the role of individual responsibility for enhancing health 7.12.1 (Focus)

Health.HSH.06.02 Students will demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 7.12.2 (Introductory)

Health.HSH.06.03 Students will demonstrate a variety of behaviors to avoid or reduce health risks to self and others 7.12.3 (Introductory)

Health.HSH.07 Students will demonstrate the ability to advocate for personal, family, and community health. (Focus)

Health.HSH.07.01 Students will utilize accurate peer and societal norms to formulate a health-enhancing message 8.12.1 (Focus)

Health.HSH.07.02 Demonstrate how to influence and support others to make positive health choices 8.12.2 (Focus)

Health.HSH.07.03 Students will work cooperatively as an advocate for improving personal, family, and community health 8.12.3 (Foundational)

Health.HSH.07.04 Students will adapt health messages and communication techniques to a specific target audience 8.12.4 (Introductory)

Health.HSH.08. Students will demonstrate the ability to use goal-setting skills to enhance health. (Introductory)

Health.HSH.08.01 Students will assess personal health practices and overall health status. 6.12.1 (Introductory)

Health.HSH.08.02 Students will develop a plan to attain a personal health goal that addresses strengths, needs, and risks. 6.12.2 (Introductory)

Health.HSH.08.03 Students will implement strategies and monitor progress in achieving a personal health goal. 6.12.3 (Introductory)

Health.HSH.08.04. Students will formulate an effective long-term personal health plan. 6.12.4 (Introductory)