

Healthy Choices Healthy Relationships

U.S. National Standards Health and PE

GRADES 6, 7, 8

| NATIONAL HEALTH EDUCATION STANDARDS | |
|---|---------------|
| STANDARD 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health. | |
| COMPETENCY | LESSON |
| 1.8.1 Analyze the relationship between healthy behaviors and personal health. | 4, 5, 8 |
| 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. | 9 |
| 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. | 4, 5, 6 |
| 1.8.6 Explain how appropriate health care can promote personal health. | 4, 5, 8 |
| 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. | 8 |
| 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. | 4 & 5 |
| 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. | 4 & 5 |
| STANDARD 2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors. | |
| COMPETENCY | LESSON |
| 2.8.1 Examine how the family influences the health of adolescents. | 2 & 3 |
| 2.8.3 Describe how peers influence healthy and unhealthy behaviors. | 3 & 8 |
| 2.8.5 Analyze how messages from the media influence health behaviors. | 2 & 6 |
| 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors. | 2, 3, 5, 8, 9 |
| 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors. | 2, 3, 5, 8, 9 |

| | |
|---|---------------|
| 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. | 4, 5, 8 |
| STANDARD 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. | |
| COMPETENCY | LESSON |
| 4.8.1 Apply effective verbal and nonverbal communication skills to enhance health. | 7 & 11 |
| 4.8.3 Demonstrate effective conflict management or resolution strategies. | 5, 6, 8 |
| 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others. | 3, 5, 6, 8 |
| STANDARD 5 Demonstrate the ability to use decision-making skills to enhance health. | |
| COMPETENCY | LESSON |
| 5.8.1 Identify circumstances that can help or hinder healthy decision making. | 8 |
| 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process. | 8 |
| 5.8.3 Distinguish when individual or collaborative decision making is appropriate. | 8 |
| 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems. | 4, 5, 8 |
| 5.8.5 Predict the potential short-term impact of each alternative on self and others. | 4 & 5 |
| 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision. | 4, 5, 8 |
| 5.8.7 Analyze the outcomes of a health-related decision. | 8 |
| STANDARD 6 Students will demonstrate the ability to use goal-setting skills to enhance health. | |
| COMPETENCY | LESSON |
| 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice. | 9 |
| 6.8.3 Apply strategies and skills needed to attain a personal health goal. | 9 |
| 6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. | 9 |

| | |
|--|---------------|
| STANDARD 7 Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. | |
| COMPETENCY | LESSON |
| 7.8.1 Explain the importance of assuming responsibility for personal health behaviors. | 4, 5, 6 |
| 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. | 8 |
| 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others. | 8 |
| STANDARD 8 Demonstrate the ability to advocate for personal, family, and community health. | |
| COMPETENCY | LESSON |
| 8.8.2 Demonstrate how to influence and support others to make positive health choices. | 7 |
| 8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools. | 6 |
| 8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences. | 6 |
| NATIONAL STANDARDS FOR PHYSICAL EDUCATION | |
| STANDARD 5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings. | |
| COMPETENCY | LESSON |
| 5.6 Considers the consequences of various choices when confronted with negative peer pressure. | 3 |
| 5.9 Resolves interpersonal conflicts with a sensitivity to the rights and feelings of others. | 8 |
| 5.12 Seeks out, participates with, and shows respect for a peer of lesser skill ability. | 7 |
| STANDARD 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. | |
| COMPETENCY | LESSON |
| 6.8 Analyzes selected physical experiences for social, emotional, and health benefits. | 9 |