

Healthy Choices Healthy Relationships

U.S. National Standards Health and PE

GRADES 9, 10, 11, 12

STANDARD 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
COMPETENCY	LESSON
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	9
1.12.5 Propose ways to reduce or prevent injuries and health problems.	4, 5, 6
1.12.6 Analyze the relationship between access to health care and health status.	6 & 9
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	8
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	4 & 5
1.12.9 Analyze the potential severity 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
2.12.1 Analyze how the family influences the health of individuals.	2 & 3
2.12.3 Analyze how peers influence healthy and unhealthy behaviors.	3
2.12.5 Evaluate the effect of media on personal and family health.	2 & 6
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	2, 3, 5, 8, 9
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	2, 3, 5, 8, 9
2.12.9 Analyze 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
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	7 & 11
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	5, 6, 8
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	3, 5, 6, 8
STANDARD 5 Students will demonstrate the ability to use decision-making skills to enhance health.	
COMPETENCY	LESSON
5.12.1 Examine barriers that can hinder healthy decision-making.	8
5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	8
5.12.3 Justify when individual or collaborative decision making is appropriate.	8
5.12.4 Generate alternatives to health-related issues or problems.	4, 5, 8
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	4 & 5
5.12.6 Defend the healthy choice when making decisions.	8
5.12.7 Evaluate the effectiveness of health-related decisions.	8
STANDARD 6 Students will demonstrate the ability to use goal-setting skills to enhance health.	
COMPETENCY	LESSON
6.12.1 Assess personal health practices and overall health status.	9
STANDARD 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
COMPETENCY	LESSON
7.12.1 Analyze the role of individual responsibility for enhancing healthy.	5, 6, 7

7.12.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	8
7.12.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	8
STANDARD 8 Students will demonstrate the ability to advocate for personal, family, and community health.		
COMPETENCY		LESSON
8.12.1	Utilize accurate peer and societal norms to formulate a health-enhancing message.	6
8.12.2	Demonstrate how to influence and support others to make positive health choices.	7
8.12.3	Work cooperatively as an advocate for improving personal, family, and community health.	6
8.12.4	Adapt health messages and communication techniques to a specific target audience.	6
NATIONAL STANDARDS FOR PHYSICAL EDUCATION		
STANDARD 2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.		
COMPETENCY		LESSON
2.2	Develop realistic short-term and long-term personal fitness goals.	9
2.9	Explains the impact of participation in selected sports/activities on various components of fitness.	9
STANDARD 3 Participates regularly in physical activity.		
COMPETENCY		LESSON
3.1	Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.	9

STANDARD 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

COMPETENCY	LESSON
6.1 Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction).	9
6.6 Reflects on reasons for choosing to participate in selected physical activities.	9