

STANDARD 1 — Personal Health and Fitness

1. Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Performance Indicators

know how basic body systems work and interrelate in normal patterns of growth and development

HPW Citations*

- Kindergarten: TE 138-151; SA 26-27; PA 19-20
- Grade 1: TE 154-172; SA 28-31; PA 25-26
- Grade 2: TE 80-85; TE 96-101; TE 120-138; SA 25-26; SA 37-41; PA 16, PA 20; EA 5
- Grade 3: TE 96-114; SA 18-22; PA 18
- Grade 4: TE 72-79; TE 154-172; SA 14-15; SA 40-42; PA 10; EA 23-26; TR 5; TR 8-10; HF
- Grade 5: TE 136-156; SA 28-33; PA 17-18; EA 20-21

possess basic knowledge and skills which support positive health choices and behaviors

- Kindergarten: TE 4-28; TE 66-73; TE 90-97; TE 152-165; SA 1-6; SA 28-31; PA 1-4; PA 10; PA 21-22
- Grade 1: TE 2-30; SA 1-2; PA 1-4
- Grade 2: TE 44-50; TE 92-95; TE 102-118; SA 10-11; SA 18; SA 24; SA 27; SA 32-36; PA 11; PA 13; PA 15; PA 18-19; EA 1; EA 4
- Grade 3: TE 2-45; TE 91-92; SA 1-6; SA 17; PA 1-10; TR 1-2; TR 6-7
- Grade 4: TE 2-40; TE 88-119; SA 1-8; SA 19-27; PA 1-6; TR 1-2; EA 1-6; EA 14-18
- Grade 5: TE 2-47; SA 1-10; PA 1-5; TR 1-3; EA 1-7

understand how behaviors such as food selection, exercise, and rest affect growth and development

- Kindergarten: TE 54-65; SA 7-10; PA 8-9
- Grade 1: TE 94-118; SA 10-13; PA 15-18
- Grade 2: TE 66-90; SA 12-23; PA 10-14; EA 2,3
- Grade 3: TE 72-94; SA 11-16; PA 14-16; TR 4
- Grade 4: TE 122-152; SA 28-39; PA 18-20; EA 19-22; TR 4-6
- Grade 5: TE 102-134 ;SA 23-27; PA 13-16; EA 15-19; TR 6-10

recognize influences which affect health choices and behaviors

- Kindergarten: TE 100-106; SA 16-18
- Grade 1: TE 46-51; SA 4; PA 6
- Grade 2: TE 110-112; SA 30-31; PA 18
- Grade 3: TE 89-94; EA 8; PA 17
- Grade 4: TE 26-28; TE 97-98; TE 140-143; SA 6, SA 35; PA 4; TR 7
- Grade 5: TE 89-93; TE 124-125; SA 24-26; PA 11; TR 9

know about some diseases and disorders and how they are prevented and treated

- Kindergarten: TE 166-169; SA 32; PA 23
- Grade 1: TE 174-181; SA 32-33; PA 27
- Grade 2: TE 156-170 ;SA 46-50; PA 23-25; EA 7
- Grade 3: TE 142-157; SA 31-35; PA 24-26; EA 11
- Grade 4: TE 174-202; SA 43-45; PA 22-26; EA 27-31; TR 11-20
- Grade 5: TE 176-198; SA 38-41; PA 21-23; EA 23-25; TR 17-21

practice and support others in making healthy choices.

- Kindergarten: TE 25-32; SA 4-6
- Grade 1: TE 10-15; EA 2; PA 2
- Grade 2: TE 11-13; SA 1
- Grade 3: TE 28-38 ;SA 4-5; PA 9
- Grade 4: TE 13-15; TE 112-115; SA 4, SA 26-27; PA 2, PA 16
- Grade 5: TE 18-22; TE 42-47; TE 52-54; SA 3, SA 9-11; PA 6; EA 8

STANDARD 2 — A Safe and Healthy Environment

1. Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

Performance Indicators

understand basic safety rules

HPW Citations*

- Kindergarten: TE 109-136; SA 19-20; PA 14
- Grade 1: TE 68-86; SA 8; PA 11-13
- Grade 2: TE 140-149; SA 42-45; PA 21
- Grade 3: TE 48-63; SA 7-8; PA 11-12; EA 5-6
- Grade 4: TE 54-65; SA 11-12; PA 9; EA 9
- Grade 5: TE 158-163; SA 34-35; PA 19

recognize potentially dangerous situations and know how to avoid or reduce their risk

- Kindergarten: TE 112-113; TE 118-129; SA 21-25; PA 15-17
- Grade 1: TE 88-92; SA 9; PA 14
- Grade 2: TE 150-154; PA 22; EA 6
- Grade 3: TE 50-53; TE 68-69; SA 10; PA 11; PA 13; EA 11; EA 13
- Grade 4: TE 68-69 ;SA 13; EA 10
- Grade 5: TE 56-62; TE 68-74; SA 12, SA 14; PA 7; EA 9-10; TR 4-5

know some personal and social skills which contribute to individual safety

- Kindergarten: TE 44-47; TE 112, 117, TE121-123, TE 130-136; SA 21-22; PA 16-18
- Grade 1: TE 54-67; SA 5-7; PA 10; EA 5
- Grade 2: TE 14-21; TE 116-118; TE 152-153; SA 2-4, SA 33-35; PA 1-2; EA 6
- Grade 3: TE 32-38; TE 64-70; SA 5; SA 9-10; PA 9; PA 13; EA 7
- Grade 4: TE 66-70; SA 13; EA 11-12
- Grade 5: TE 164-173; SA 36-37; PA 20; EA 22; TR 15-16

recognize characteristics of the environment that contribute to health

- Kindergarten: TE 76-87; SA 11-12; PA 11
- Grade 2: TE 52-64; PA 8-9
- Grade 3: TE 60-62; TE 137-140; SA 29-30; PA 12; EA 6
- Grade 4: TE 42-52; SA 9-10; PA 7; EA 7-8
- Grade 5: TE 170-173; EA 22

STANDARD 3 — Resource Management

1. Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

Performance Indicators

identify characteristics of valid health information and health-promoting products and services and know where to locate them

HPW Citations*

- Kindergarten: TE 109-11
- Grade 1: TE 106-115; TE 161; SA 13; PA 16-17; PA 25; EA 9
- Grade 2: TE 87-88; TE 162-164; SA 21-23; SA 48; PA 24
- Grade 3: TE 120-124; TE 135; SA 24; PA 20; PA 22
- Grade 4: TE 90-92; TE 101-102; TE 106-108; SA 19-20; SA 24; PA 12
- Grade 5: TE 85; TE 97-99; SA 17; SA 21-22; SA 24-27; PA 15; EA 16; TR 8

understand how culture contributes to individual family and community beliefs and practices affecting health

- Kindergarten: TE 84-87; PA 11
- Grade 1: TE 96-101; PA 15
- Grade 2: TE 30-43; TE 75-76; SA 5-11; SA 14; PA 4-6; PA 12
- Grade 3: TE 20-27; SA 2-3; PA 7-8
- Grade 4: TE 114-115; SA 27; PA 16
- Grade 5: TE 30-41; SA 5-10; PA 4-5; TR 2-3

know how to access help when illness, injury, or emergency situations occur

- Kindergarten: TE 170-174; SA 33; PA 22
- Grade 1: TE 64-66; SA 7; PA 10; EA 6
- Grade 2: TE 148-149; SA 45; PA 21
- Grade 3: TE 68-70; TE 150; PA 13; PA 25
- Grade 4: TE 101-102; TE 111; TE 132-133; SA 31; EA 16; TR 6
- Grade 5: TE 161-163; SA 35; PA 19

recognize how the media influences health choices

- Grade 1: TE 131-133; SA 30
- Grade 2: TE 105-106; SA 28
- Grade 3: TE 138-139; SA 29-30
- Grade 4: TE 140-143; SA 35; TR 7
- Grade 5: TE 168-169; SA 37; TR 16

STANDARD 1 — Personal Health and Fitness

1. Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Performance Indicators

integrate knowledge of basic body systems with an understanding of the changes that accompany puberty

HPW Citations*

- Grade 6: TE 212-230; SA 54-58; EA 32-34; TR 29-33
- Grade 7: TE 74-77; TE 208-21; TE 224-259; SA 16; SA 51-66; EA 32; EA 36-38; TR 37-38; TR 40-46; HF
- Grade 8: TE 208-227; SA 80-88; EA 26; TR 2; TR 43-44

apply prevention and risk reduction strategies to adolescent health problems

- Grade 6: TE 147-149; TE 154-156; TE 163-165; TE 238-243; TE 250-252; SA 6; SA40-41; SA 45; SA 62-63; SA 65; TR 18; TR 20; TR 34-36
- Grade 7: TE 78-101; TE 117-118; TE 153-154; TE 160-161; TE 165; SA 17-22; SA 29-31; EA 25; TR 9-14; TR 24; HF
- Grade 8: TE 52-59; TE 187-189; TE 193-195; TE 198-206; TE 244-245; TE 264-266; SA 19-20; SA 78; SA 93; SA 101; EA 23; EA 30 ;TR 6-7; TR 38; TR 40-41

demonstrate the necessary knowledge and skills to promote healthy adolescent development

- Grade 6: TE 4-24; TE 70-98; TE 144-174; TE 176-210; TE 232-237; TE 244-249; SA 2-5; SA 17-22; SA 36-53; SA 59-61; SA 64; EA 3-6; EA 12-17; EA 21-31; TR 1-2; TR 5-10; TR 16-28; TR 37-38; PC
- Grade 7: TE 10-29; TE 130-181; TE 184-222; TE 262-276; SA 34-41; SA 48-56; SA 67-72; EA 1-12; EA 23-32; EA 39-41; TR 1-3; TR 19; TR 39; TR 47
- Grade 8: TE 5-9; TE 16-20; TE 40-51; SA 1; SA 5-7; SA 16-17; SA 42-53; SA 61-74; SA 92-101; EA 1-3; EA 8; EA 16-19; EA 21-22; EA 28-33; TR 1; TR 3-5; TR 22-30; TR37-39; TR 46-48

analyze the multiple influences which affect health decisions and behaviors

- Grade 6: TE 136-139; TE 147-152; TE 197-200; SA 6; SA 33; SA 42; SA 52; EA 21; EA 29; TR 16; TR 18-19; TR 27; HF; PC
- Grade 7: TE 16-23; TE 133-135; TE 152-153; TE 163; TE 214-217; TE 257-259; SA 34; SA 42; SA 66; EA 4-7; TR 1-2; TR 19-20; TR 39
- Grade 8: TE 162-175; TE 246-258; SA 61-67; SA 95-99; EA 21-22; TR 47-48

* HPW Key: TE = Teacher Edition; SA = Student Activity; EA = Evaluation & Assessment; PA = Parent Activity; TR = Transparency; HF = "Health Flash" Booklet; F = Flashcards; PC = Parent Connection Booklet

STANDARD 2 — A Safe and Healthy Environment

1. Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

Performance Indicators

assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks

HPW Citations*

- Grade 6: TE 58-59; TE 100-111; TE 120-131; SA 23-25; SA 28-32; EA 18; TR 11; TR 13-15
- Grade 7: TE 104-115; TE 125-128; SA 23-28; SA 33; EA 20-22; TR 15-16
- Grade 8: TE 83-93; TE 104-117; SA 29-30; SA 31-33; SA 37-41; EA 12-15; TR 14-15; TR 17-21

demonstrate personal and social skills which enhance personal health and safety

- Grade 6: TE 42-50; TE 112-119; SA 10; SA 26-27; EA 8-10; EA 19; TR 3-4; TR 12
- Grade 7: TE 32-58; TE 116-123; TE 143-144; TE 170-179; SA 1-9; SA 29-32; SA 46-47; EA 13-16; EA 26-28; TR 4-8; TR 17-19; TR 25
- Grade 8: TE 10-14; TE 60-62; TE 78-82; TE 95-96; TE 199-202; TE 264-266; TE 228-235; SA 2-4; SA 89-91; EA 9; EA 19; EA 23; EA 27-28; EA 101; TR 2; TR 11-13; TR 45

understand the need for personal involvement in improving the environment

- Grade 6: TE 105-111; SA 25; TR 11
- Grade 7: TE 66-72; SA 30; SA 14-15; EA 18
- Grade 8: TE 98-102; TE 193-194; SA 34-36; SA 78; EA 1; TR 1

STANDARD 3 — Resource Management

1. Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

Performance Indicators

distinguish between valid and invalid health information, products and services

HPW Citations*

- Grade 6: TE 140-143; TE 206-210; SA 34-35; SA 53; EA 30-31; TR 17; TR 28; HF
- Grade 7: TE 145-147; TE 186-189; TE 199-201; SA 37; SA 50; EA 31; TR 22; TR 29-31; TR 34
- Grade 8: TE 152-160; SA 54-60; EA 20; TR 35-36

Performance Indicators

recognize how cultural beliefs influence health behaviors and the use of health services

HPW Citations*

- Grade 6: TE 36-41; TE 72-77; TE 80-83; TE 199-205; SA 9; SA 17-19; EA 12-14; TR 5-6; TR 8; TR 27; PC
- Grade 7: TE 264-269; SA 67-70; EA 39; TR 47
- Grade 8: TE 142-149; SA 47-50; HF; TR 26; TR 30-32

demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools

- Grade 6: TE 26-41; TE 166-174; SA 7-9; SA 46-48; EA 7; EA 22-24; TR 21
- Grade 7: TE 60-65; TE 191-199; SA 10-12; SA 51-54; EA 17; TR 32-33
- Grade 8: TE 22-37; TE 149-151; TE 202-204; TE 245; SA 8-15; SA 52-53; SA 79; SA 93; EA 4-6; EA 22; TR 34; TR 40; HF

analyze how media and technology influence the selection of health information, products and services

- Grade 6: TE 135-136; TE 147-148; TE 197-199; SA 52; EA 21; EA 29; TR 16-17; HF; PC
- Grade 7: TE 108-109; TE 145-147; TE 152-153; TE 159; TE 199-200; TE 215-216; SA 26-27; SA 36-37; SA 42; TR 16; TR 22; TR 24; TR 34; TR 39
- Grade 8: TE 64-71; TE 146-147; TE 181-185; TE 224-225; SA 21-25; SA 49-51; SA 70-71; SA 85; TR 30-32

recognize the need to be an advocate for family and community health

- Grade 6: TE 62-66; TE 235-237; SA 13-16; SA 60-61; EA 11
- Grade 7: TE 66-71; TE 165; TE 177; TE 191; TE 201; SA 13-15; EA 27; EA 31
- Grade 8: TE 72-76; SA 26-27; EA 11; TR 9

demonstrate the ability to access community health services for prevention, illness, and emergency care

- Grade 6: TE 60-63; SA 12
- Grade 7: TE 63-64; TE 126-127; TE 268-269; SA 11-12; SA 70; EA 21; EA 39
- Grade 8: TE 99-103; SA 34-36

STANDARD 1 — Personal Health and Fitness

1. Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Performance Indicators

understand human growth and development throughout the life cycle

HPW Citations*

TE 65-67; TE 86-92; TE 220-254; TE 292-295; TE 300-309; TE 313-315
SA 14-15; SA 16; SA 20-23; SA 67-75
EA 6-8; EA 43-45
TR 15-21; TR 24; TR 65-67; TR 70-74; TR 76-77

demonstrate the necessary knowledge and skills to promote healthy development into adulthood

TE 4-6; TE 40-62; TE 64-97; TE 98-150; TE 180-218; TE 286-350
SA 8-13; SA 14-24; SA 25-51; SA 57-66; SA 81-87
EA 5-11; EA 12-26; EA 32-42; EA 51-55
TR 6-14; TR 15-25; TR 26-34; TR 35-47; TR 64-82

apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood

TE 93-96; TE 110-117; TE 125-127; TE 264-269
SA 24; SA 30-34; SA 37-38; SA 77
EA 11
TR 25-29; TR 55-56; TR 58-59

evaluate how the multiple influences which affect health decisions and behaviors can be altered

TE 9-29; TE 100-108; TE 119-120; TE 129-130
SA 1-5; SA 26-29
EA 1-4; EA 14-16; EA 20
TR 1-5; TR 30-31

STANDARD 2 — A Safe and Healthy Environment

1. Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

Performance Indicators

recognize hazardous conditions in the home, school, work place, and community and propose solutions to eliminate or reduce them

HPW Citations*

TE 123-127; TE 256-284
SA 36-38; SA 76-80
EA 46-50
TR 53-63

Performance Indicators

evaluate personal and social skills which contribute to health and safety of self and others

HPW Citations*

TE 30-37; TE 40-62; TE 78-85; TE 139-141; TE 147; TE 240-254; TE 324-337
SA 6-13; SA 17-19; SA 41-43; SA 46-47; SA 71-75; SA 85-87
EA 5; EA 8-10; EA 24-25; EA 44
TR 6-14; TR 22-23; TR 34; TR 83

recognize how individual behavior affects the quality of the environment

TE 152-157
SA 52
EA 27-28

STANDARD 3 — Resource Management

1. Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

Performance Indicators

demonstrate how to evaluate health information, products and services for validity and reliability

HPW Citations*

TE 187-192; TE 196-201; TE 212-215
SA 61-62; SA 65-66
EA 33; EA 37; EA 39-40
TR 35-41; TR 47

analyze how cultural beliefs influence health behaviors and the use of health products and services

TE 123; TE 134-138; TE 183-185; TE 202-211; TE 235-239
SA 36; SA 39-40; SA 57-59; SA 63-64; SA 68-70
EA 39; EA 41
TR 32-34; TR 42-46

demonstrate the ability to access community health services for self and others

TE 158-164; TE 168-171; TE 296-299; TE 310-311; TE 327-333
SA 53; SA 82; SA 85
EA 29-31
TR 68-69; TR 75

use technology and the media to promote positive health messages

TE 107-108; TE 125-127; TE 142
SA 28-29; SA 37-38

demonstrate advocacy skills in promoting individual, family and community health

TE 32-35; TE 41-44; TE 47-50; TE 157-177
SA 7-11; SA 53-56
EA 5; EA 9; EA 29-31