

SUBJECT: HEALTH

STRAND: PERSONAL HEALTH

PROGRAM GOAL #1: To use healthful grooming habits.

	K	1	2	3	4	5	6	7/8	Sr Hi
Hygiene									
Body maintenance (ear, eye,...)	I	E	E	M	ME	ME	M	MM	

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PROGRAM GOAL #2: To apply the benefits of being physically active.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Physical Fitness Plan									
a. five areas (muscular strength, endurance, flexibility, cardio respiratory endurance & body composition)		I	E	E	M	ME	M	MM	
b. Heart rate							I	E/M	
c. lifetime sports & activities		I	E	E	M	ME	M	MM	
d. skill-related fitness		I	E	E	M	ME	M	MM	
.02 Injury Prevention									
a. training principles								I/E	M
b. RICE (rest, ice, compression, elevate)								I/E	M

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b. cancer								I/E	M
c. chronic								I/E	M
d. genetic									
e. detection								I/E	M
f. treatment								I/E	M

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STRAND: DISEASE PREVENTION

PROGRAM GOAL #6: To apply behaviors that will reduce the risk of disease.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Resources								I/E	M
.02 Risk reduction								I/E	M

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STRAND: FIRST AIDE AND SAFETY

PROGRAM GOAL #7: To assess & treat first aid emergencies.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Violence Prevention									
a. Protective factors								I/E	M
b. Victim recovery								I/E	M
.02 Unintentional									
a. Protection from	I	E	E	M	ME	M	MM	MM	
.03 Weather	I	E	E	M	ME	M	MM	MM	
.04 First Aid									
a. Kit						I	E	E/M	
b. Precautions								I/E	M
c. Responding						I	E	E/E	M
d. Consent								I/E	M
e. Heimlich								I/E	M
f. CPR								I/E	M

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STRAND: MENTAL AND EMOTIONAL

PROGRAM GOAL #8: To apply stress and anger management techniques.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Stress								I/E	M
.02 Depression								I/E	M
.03 Suicide									
a. signs								I/E	M
b. resources								I/E	M
.04 Anger	I	E	E	E	M	ME	M	MM	

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STRAND: MENTAL AND EMOTIONAL

PROGRAM GOAL #9: To apply healthful communication and decision-making styles.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Wellness								I/E	M
.02 Communication									
a. I messages								I/E	M
b. Listening skills									
c. Nonverbal								I/E	M
.03 Relationships									
a. conflict	K	E	E	E	M	ME	M	MM	
b. healthy	K	E	E	E	M	ME	M	MM	
c. family								I/E	M
.04 Decision making						I	E	E/E	M
.05 Goal setting								I/E	M
.06 Environmental									

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SUBJECT: HEALTH

STRAND: GROWTH & DEVELOPMENT

PROGRAM GOAL #10: To understand the stages of each life cycle.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Nine stages									
a. Infancy									
b. childhood								I/E	M
c. adolescence								I/E	M
d. adulthood								I/E	M
e. late adulthood									
.02 Conception									
a. Pregnancy								I	E/M
b. Abstinence								I	E/M
c. Birth control									I/E
.03 Death and dying									
a. aging								I/E	M
b. death									I/E
c. grieving									I/E

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STRAND: GROWTH & DEVELOPMENT

PROGRAM GOAL #11: To understand the systems of the body as they pertain to a healthy lifestyle.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Cardiovascular									
a. anatomy							I	E	M
b. diseases								I/E	M
.02 Respiratory									
a. anatomy						I	E	E	M
b. environmental effects								I/E	M
c. diseases								I/E	M
.03 Reproductive System									
a. anatomy									I/E
b. illnesses									I/E

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STRAND: NUTRITION

PROGRAM GOAL #12: To understand how nutrition affects the quality of life.

	K	1	2	3	4	5	6	7/8	Sr Hi
.01 Nutrients								I/E	M
.02 Food Guide Pyramid						I	E	E	M
.03 Diet & diseases								I/E	M
.04 Consumer									
a. food labels								I/E	M
b. fast food								I/E	M
c. food safety								I/E/M	
.05 Weight-conscious									
a. eating habits						I	E	E	M
b. weight vs body composition								I/E	M
.06 Body Image									
a. eating disorders								I/E	M
b. body types								I/E	M

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