

# ***Health, Physical Education, and Home Economics Standards and Performance Indicators***

## **Standard 1: Personal Health and Fitness (NYSHE 1. Personal Health and Fitness)**

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

### ***Health Education***

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

### **Grades K-6**

NYSHE 1A Know how basic body systems work and interrelate in normal patterns of growth and development

NYSHE 1B Possess basic knowledge and skills which support positive health choices and behaviors

NYSHE 1C Understand how behaviors such as food selection, exercise, and rest affect growth and development

NYSHE 1D Recognize influences which affect health choices and behaviors

NYSHE 1E Know about some diseases and disorders and how they are prevented and treated

NYSHE 1F Practice and support others in making healthy choices

### **Grades 7-8**

NYSHE 1A Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty

NYSHE 1B Apply prevention and risk reduction strategies to adolescent health problems

NYSHE 1C Demonstrate the necessary knowledge and skills to promote healthy adolescent development

NYSHE 1D Analyze the multiple influences which affect health decisions and behaviors

### **Grades 9-12**

NYSHE 1A Understand human growth and development throughout the life cycle

NYSHE 1B Demonstrate the necessary knowledge and skills to promote healthy development into adulthood

NYSHE 1C Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood

NYSHE 1D Evaluate how the multiple influences which affect health decisions and behaviors can be altered

## **Standard 2: A Safe and Healthy Environment (NYSHE 2. A Safe and Healthy Environment)**

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

### ***Health Education***

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

### **Grades K-6**

NYSHE 2A Understand basic safety rules

NYSHE 2B Recognize potentially dangerous situations and know how to avoid or reduce their risk

NYSHE 2C Know some personal and social skills which contribute to individual safety

NYSHE 2D Recognize characteristics of the environment that contribute to health

### **Grades 7-8**

NYSHE 2A Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks

NYSHE 2B Demonstrate personal and social skills which enhance personal health and safety

NYSHE 2C Understand the need for personal involvement in improving the environment

### **Grades 9-12**

NYSHE 2A Recognize hazardous conditions in the home, school, work place, and community and propose solutions to eliminate or reduce them

NYSHE 2B Evaluate personal and social skills which contribute to health and safety of self and others

NYSHE 2C Recognize how individual behavior affects the quality of the environment

### **Standard 3: Resource Management (NYSHE 3. Resource Management)**

Students will understand and be able to manage their personal and community resources.

### ***Health Education***

***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***

### **Grades K-6**

NYSHE 3A Identify characteristics of valid health information and health-promoting products and services and know where to locate them

NYSHE 3B Understand how culture contributes to individual family and community beliefs and practices affecting health

NYSHE 3C Know how to access help when illness, injury, or emergency situations occur

NYSHE 3D Recognize how the media influences health choices

### **Grades 7-8**

NYSHE 3A Distinguish between valid and invalid health information, products and services

NYSHE 3B Recognize how cultural beliefs influence health behaviors and the use of health services

NYSHE 3C Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools

NYSHE 3D Analyze how media and technology influence the selection of health information, products and services

NYSHE 3E Recognize the need to be an advocate for family and community health

NYSHE 3F Demonstrate the ability to access community health services for prevention, illness, and emergency care

**Grades 9-12**

NYSHE 3A Demonstrate how to evaluate health information, products and services for validity and reliability

NYSHE 3B Analyze how cultural beliefs influence health behaviors and the use of health products and services

NYSHE 3C Demonstrate the ability to access community health services for self and others

NYSHE 3D Use technology and the media to promote positive health messages

NYSHE 3E Demonstrate advocacy skills in promoting individual, family and community health