

U.S. National Standards

Health and PE

Grade 6 - Adopted: 2007

<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.1:</b>	<b>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	1.8.1	Analyze the relationship between healthy behaviors and personal health.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	1.8.6	Explain how appropriate health care can promote personal health.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	1.8.8	Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	1.8.9	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.5:</b>	<b>Demonstrate the ability to use decision-making skills to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	5.8.4	Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	5.8.5	Predict the potential short-term impact of each alternative on self and others.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	5.8.6	Choose healthy alternatives over unhealthy alternatives when making a decision.
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.6:</b>	<b>Students will demonstrate the ability to use goal-setting skills to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	6.8.1	Assess personal health practices.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	6.8.2	Develop a goal to adopt, maintain, or improve a personal health practice.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	6.8.3	Apply strategies and skills needed to attain a personal health goal.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	6.8.4	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.7:</b>	<b>Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	7.8.2	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	7.8.3	Demonstrate behaviors to avoid or reduce health risks to self and others.

Grade 6 - Adopted: 2014

<b>STRAND / ORGANIZATION</b>	<b>N.NASPE</b>	<b>National Association for Sport and Physical Education (NASPE)</b>
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<b>STANDARD / BENCHMARK</b>	<b>NASPE.S 3.</b>	<b>Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>S3.M17.</b>	<b>Nutrition</b>
<b>PERFORMANCE EXPECTATION</b>	<b>S3.M17.6</b>	<b>Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels. (S3.M17.6)</b>

**U.S. National Standards**

**Health and PE**

Grade 7 - Adopted: 2007

<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.1:</b>	<b>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.1</b>	<b>Analyze the relationship between healthy behaviors and personal health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.6</b>	<b>Explain how appropriate health care can promote personal health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.8</b>	<b>Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.9</b>	<b>Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</b>
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.5:</b>	<b>Demonstrate the ability to use decision-making skills to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>5.8.4</b>	<b>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>5.8.5</b>	<b>Predict the potential short-term impact of each alternative on self and others.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>5.8.6</b>	<b>Choose healthy alternatives over unhealthy alternatives when making a decision.</b>
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.6:</b>	<b>Students will demonstrate the ability to use goal-setting skills to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.8.1</b>	<b>Assess personal health practices.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.8.2</b>	<b>Develop a goal to adopt, maintain, or improve a personal health practice.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.8.3</b>	<b>Apply strategies and skills needed to attain a personal health goal.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.8.4</b>	<b>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.</b>
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>7.8.2</b>	<b>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>7.8.3</b>	<b>Demonstrate behaviors to avoid or reduce health risks to self and others.</b>

## Grade 7 - Adopted: 2014

<b>STRAND / ORGANIZATION</b>	<b>N.NASPE</b>	<b>National Association for Sport and Physical Education (NASPE)</b>
<b>STANDARD / BENCHMARK</b>	<b>NASPE.S 3.</b>	<b>Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>S3.M17.</b>	<b>Nutrition</b>
<b>PERFORMANCE EXPECTATION</b>	<b>S3.M17.7</b>	<b>Develops strategies for balancing healthy food, snacks and water intake, along with daily physical activity. (S3.M17.7)</b>

## U.S. National Standards

## Health and PE

## Grade 8 - Adopted: 2007

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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.1</b>	<b>Analyze the relationship between healthy behaviors and personal health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.6</b>	<b>Explain how appropriate health care can promote personal health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.8.8</b>	<b>Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</b>
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<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	<b>National Health Education Standards (NHES)</b>
<b>STANDARD / BENCHMARK</b>	<b>NHES.5:</b>	<b>Demonstrate the ability to use decision-making skills to enhance health.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>5.8.4</b>	<b>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>5.8.5</b>	<b>Predict the potential short-term impact of each alternative on self and others.</b>
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>5.8.6</b>	<b>Choose healthy alternatives over unhealthy alternatives when making a decision.</b>
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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>7.8.2</b>	<b>Demonstrate healthy practices and behaviors that will maintain or improve the health</b>

GRADE LEVEL EXPECTATION		of self and others.
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.3	Demonstrate behaviors to avoid or reduce health risks to self and others.

Grade 8 - Adopted: 2014

STRAND / ORGANIZATION	N.NASPE	National Association for Sport and Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.S3.	Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
BENCHMARK / GRADE LEVEL EXPECTATION	S3.M14.	Fitness knowledge
PERFORMANCE EXPECTATION	S3.M14.8	Explains how body systems interact with one another (e.g., blood transports nutrients from the digestive system, oxygen from the respiratory system) during physical activity. (S3.M14.8)
STRAND / ORGANIZATION	N.NASPE	National Association for Sport and Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.S3.	Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
BENCHMARK / GRADE LEVEL EXPECTATION	S3.M17.	Nutrition
PERFORMANCE EXPECTATION	S3.M17.8	Describes the relationship between poor nutrition and health risk factors. (S3.M17.8)

How to make health and wellness a part of your daily routine

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BENCHMARK / GRADE LEVEL EXPECTATION	1.8.9	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.2	Describe the influence of culture on health beliefs, practices, and behaviors.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
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