

HEALTHY AND WISE
April 2008
National Correlations

Pg 1) Sports Injury Prevention

Health

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Physical Education (NASPE)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

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

Pg 2) Interval Training

Health

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Physical Education (NASPE)

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Pg 3) Vegetables are the Healthiest Choice

Health

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Pg 4) Grilled, Baked, and Fried Foods – Know the Facts

Health

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Pg 5) Sleep and Health

Health

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Pg 6) Protect the Environment – Protect Your Health

Health

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Pg 7) You are in Charge of Your Health

Health

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Pg 8) What is Self-Control?

Health

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.