








HPHE	1	E	Health Education	
<b>Know about some diseases and disorders and how they are prevented and treated</b>				


HPHE	1	E	Health Education	
<b>Practice and support others in making healthy choices</b>				

HPHE	1	E	Physical Education	
<b>Participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area</b>				


HPHE	1	E	Physical Education	
<b>Develop physical fitness skills through regular practice, effort, and perserverance</b>				


HPHE	1	E	Physical Education	
<b>Demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement</b>				

HPHE	1	E	Physical Education	
<b>Understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility, and body composition)</b>				


HPHE	1	E	Physical Education	
<b>Demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component, and establish personal goals to improve their fitness</b>				

HPHE	1	E	Physical Education	
<b>Understand the relationship between physical activity and individual well being</b>				

HPHE	1	E	Home Economics	
<b>Understand the importance of nutritious food and how it contributes to good health, make simple nutritious food choices, and assist with basic food preparation</b>				

HPHE	1	E	Home Economics	
<b>Use simple household tools safely to perform a variety of everyday tasks</b>				

HPHE	1	E	Home Economics	
<b>Recognize how a family contributes to personal health</b>				

HPHE	2	E	Health Education	
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Understand basic safety rules

HPHE 2 E Health Education



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

HPHE 2 E Health Education



Know some personal and social skills which contribute to individual safety

HPHE 2 E Health Education



Recognize characteristics of the environment that contribute to health

HPHE 2 E Physical Education



Contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities

HPHE 2 E Physical Education



Come to know and practice appropriate participant and spectator behaviors to produce a safe and positive environment

HPHE 2 E Physical Education



**Work constructively with others to accomplish a variety of goals and tasks**

HPHE 2 E Physical Education



**Know how injuries from physical activity can be prevented or treated**

HPHE 2 E Physical Education



**Demonstrate care, consideration, and respect of self and others during physical activity**

HPHE 2 E Home Economics



**Understand some basic requirements of nurturing people of various ages, and demonstrate appropriate ways to interact with them**

HPHE 2 E Home Economics





**Know some conditions necessary for a safe and healthy home and school environment and recognize the various ways individuals contribute to that environment**

HPHE 3 E Health Education





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


HPHE	3	E	Health Education	
<b>Understand how culture contributes to individual family and community beliefs and practices affecting health</b>				

HPHE	3	E	Health Education	
<b>Know how to access help when illness, injury, or emergency situations occur</b>				

HPHE	3	E	Health education	
<b>Recognize how the media influences health choices</b>				

HPHE	3	E	Physical Education	
<b>Know that resources available at home and in the community offer opportunities to participate in and enjoy a variety of physical activities in their leisure time</b>				

HPHE	3	E	Physical Education	
<b>Become discriminating consumers of fitness information, health-related fitness activities in their communities, and fitness and sports equipment</b>				

HPHE	3	E	Physical Education	
<b>Demonstrate the ability to apply the decision making process to physical activity</b>				

HPHE	3	E	Home Economics	
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**Understand the kinds of resources available in their community and make informed decisions related to their own use**

HPHE	3	E	Home Economics	
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**Understand how people acquire, use, and protect money and recognize some factors that influence spending**

HPHE	3	E	Home Economics	
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**Know the different jobs in their communities and the contributions made by individuals performing those jobs**

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