**STRAND 7: Ability to Practice Health-Enhancing Behaviors**

### Concept 1: Personal Responsibility for Health

<table>
<thead>
<tr>
<th>Grade Pre-K - 2</th>
<th>Grade 3 - 5</th>
<th>Grade 6 - 8</th>
<th>Grade 9 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO 1. Identify responsible personal health behaviors</td>
<td>PO 1. Explain the importance of assuming responsibility for personal health behaviors</td>
<td>PO 1. Analyze the role of individual responsibility in enhancing health</td>
<td></td>
</tr>
</tbody>
</table>

### Concept 2: Healthy Practices and Behaviors

<table>
<thead>
<tr>
<th>Grade Pre-K - 2</th>
<th>Grade 3 - 5</th>
<th>Grade 6 - 8</th>
<th>Grade 9 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO 1. Demonstrate healthy practices and behaviors to maintain or improve personal health</td>
<td>PO 1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health</td>
<td>PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</td>
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</tr>
<tr>
<td>PO 2. Demonstrate behaviors that avoid or reduce health risks</td>
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