

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

| <b>Concept 1: Personal Responsibility for Health</b> |  |   |   |
|--|--|---|---|
| <b>Grade Pre-K - 2</b>                               | <b>Grade 3 - 5</b>                                   | <b>Grade 6 - 8</b>  | <b>Grade 9 - 12</b>   |
|  | PO 1. Identify responsible personal health behaviors | PO 1. Explain the importance of assuming responsibility for personal health behaviors | PO 1. Analyze the role of individual responsibility in enhancing health |

| <b>Concept 2: Healthy Practices and Behaviors</b>  |   |   |  |
|--|---|---|--|
| <b>Grade Pre-K - 2</b>   | <b>Grade 3 - 5</b>  | <b>Grade 6 - 8</b>  | <b>Grade 9 - 12</b>  |
| PO 1. Demonstrate healthy practices and behaviors to maintain or improve personal health | PO 1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health | PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of-self and others | PO 1. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others |
| PO 2. Demonstrate behaviors that avoid or reduce health risks                            | PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks                            | PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others                              | PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others                              |