

# Learning Standards for Health

**Standard 1: Personal Health and Fitness**  
**Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.**

Intermediate

1. Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

New York Standards	Project ALERT Activities	
Students will integrate knowledge of basic body systems with an understanding of the changes that accompany puberty		
Students will apply prevention and risk reduction strategies to adolescent health problems.	C <sup>1</sup> 3, Activities 5,6 (HW <sup>2</sup> ) C4, Activities 4-6 C5, Activities 1-7 (HW) C6, Activities 2-6 (HW) C7, Activities 2-6 C8, Activities 6,9 (HW) C9, Activities 3,4 C10, Activities 3-5 C11, Activities 3,4	B <sup>3</sup> 1, Activity 5 B2, Activities 2-7 B3, Activities 3,5
Students will demonstrate the necessary knowledge and skills to promote healthy adolescent development.	C1, Activities 1,3-6 (HW) C2, Activities 2-8 (HW) C3, Activities 2-7 (HW) C4, Activities 2-7 (HW) C5, Activities 1-7 (HW) C6, Activities 1-6 (HW) C7, Activities 1-7 (HW) C8, Activities 2-9 (HW) C9, Activities 2-6 (HW) C10, Activities 1-6 C11, Activities 2-5	B1, Activities 1-7(HW) B2, Activities 2-8(HW) B3, Activities 1-7
Students will analyze the multiple influences which affect health decisions and behaviors.	C1, Activities 1,3-5 C2, Activities 6,7 C3, Activities 2-4 C4, Activities 2-7 (HW) C5, Activities 1-7 (HW) C6, Activities 2-6 (HW) C7, Activities 1-6 C8, Activity 8 C9, Activities 2-4, 6 HW) C10, Activities 2-4 C11, Activities 3,4	B1, Activities 1,4,5 B2, Activities 2-8(HW) B3, Activities 1-3,5

<sup>1</sup>Core year <sup>2</sup>Homework <sup>3</sup>Booster year

**Standard 2: A Safe and Healthy Environment**

**Students will acquire the knowledge and ability to create and maintain a safe and healthy environment.**

Intermediate

1. Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

<b>New York Standards</b>	<b>Project ALERT Activities</b>	
Students assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks.	C2, Activities 6,7 C3, Activities 4-7 (HW) C5, Activities 2-7 (HW) C6, Activities 2-6 (HW) C7, Activities 2-6 C8, Activities 2-8 (HW) C9, Activities 2-4 C10, Activities 3,4 C11, Activities 3,4	B1, Activities 4,5 B2, Activities 2-8(HW) B3, Activities 3,5
Students demonstrate personal and social skills which enhance personal health and safety.	C4, Activities 4-7 (HW) C5, Activities 2-7 (HW) C6, Activities 2-6 (HW) C7, Activities 2-6 C8, Activities 6,9 (HW) C9, Activities 2-4,6 (HW) C11, Activities 3,4	B1, Activity 5 B2, Activities 2-8(HW) B3, Activities 2-5
Understand the need for personal involvement in improving the environment.	C8, Activities 4-6, 9(HW)	

**Standard 3: Resource Management**

**Students will understand and be able to manage their personal and community resources.**

Intermediate

1. Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

<b>New York Standards</b>	<b>Project ALERT Activities</b>
Students will distinguish between valid and invalid health information, products and services.	C4, Activities 3-7 (HW) C5, Activity 1
Students will recognize how cultural beliefs influence health behaviors and the use of health services.	
Students will demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools.	C8, Activities 8,9 C10, Activities 3,4
Students will analyze how media and technology influence the selection of health information, products and services.	C4, Activities 4-7 (HW) C5, Activity 1
Students will recognize the need to be an advocate for the family and community health.	
Students will demonstrate the ability to access community health services for prevention, illness, and emergency care.	