

**CORRELATION
SUNSHINE STATE STANDARDS &
GRADE LEVEL EXPECTATIONS**

SUBJECT/COURSE: Health Education and Physical Education

SUBMISSION TITLE: Glencoe Health (and Foundations of Personal Fitness – FPF)

PUBLISHER: Glencoe Publishing Company

GRADE: 9-12

INTENDED OUTCOME: _____

STRAND: HEALTH LITERACY

STANDARD 1: The Student will demonstrate an understanding of the components of physical fitness.

BENCHMARK	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL I/M*	PAGE(S) OR LOCATION(S) FOR FOCUS/MINI LESSONS	PAGE(S) OR LOCATION(S) FOR TUTORIALS	PAGE(S) OR LOCATION(S) FOR ENRICHMENTS	PAGE(S) OR LOCATION(S) FOR MINI ASSESSMENTS
HE.A.1.4.6 Knows how to delay the onset of and reduce the risk of potential health problems during adulthood.	SE: (I) 74, 423-427, 513 TWE: (I) 78, 424, 425, 484, 513	SE: 436			SE: 427, 439, 533
HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.	SE: (I) 4, 8, 76, 77, 78, 79, 396, 423-427, 437 TWE: (I) 4, 77, 420, 424, 427, 430, 484	SE: 436 TWE: 436			SE: 79, 427

BENCHMARK	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL I/M*	PAGE(S) OR LOCATION(S) FOR FOCUS/MINI LESSONS	PAGE(S) OR LOCATION(S) FOR TUTORIALS	PAGE(S) OR LOCATION(S) FOR ENRICHMENTS	PAGE(S) OR LOCATION(S) FOR MINI ASSESSMENTS
PE.A.1.4.1 Demonstrate competency or proficiency in self-selected activities.	TWE: (I) 78				TWE: 79
PE.A.2.4.1 Understanding how the laws of motion apply to the acquisition and improvement of skills					
PE.A.2.4.2 Knows how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.	FPF: 75, 78, 276, 328				
PE.A.2.4.3 Knows how to evaluate one's own skilled performances.	TWE: (I) 75, 78				TWE: 79

BENCHMARK	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL I/M*	PAGE(S) OR LOCATION(S) FOR FOCUS/MINI LESSONS	PAGE(S) OR LOCATION(S) FOR TUTORIALS	PAGE(S) OR LOCATION(S) FOR ENRICHMENTS	PAGE(S) OR LOCATION(S) FOR MINI ASSESSMENTS
<p>PE.A.3.4.6 Understanding the importance of making a commitment to physical activity as an important part of one's lifestyle.</p>	<p>SE: (I) 74, 75, 76, 77, 78, 79, 396, 433 TWE: (I) 77, 78, 420, 424, 513</p>	<p>SE: 436 TWE: 436</p>			<p>SE: 79 TWE: 79</p>
<p>PE.B.1.4.1 Knows how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.</p>	<p>SE: (I) 396, 417 TWE: (I) 75, 420</p>	<p>SE: 397</p>			<p>TWE: 79</p>

BENCHMARK	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL I/M*	PAGE(S) OR LOCATION(S) FOR FOCUS/MINI LESSONS	PAGE(S) OR LOCATION(S) FOR TUTORIALS	PAGE(S) OR LOCATION(S) FOR ENRICHMENTS	PAGE(S) OR LOCATION(S) FOR MINI ASSESSMENTS
PE.B.1.4.2 Knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.	SE: (I) 417	SE: 397 TWE: 84			
PE.B.1.4.4 Maintains and improves motor skills and knowledge necessary for participation in beneficial physical activity.	TWE: 75				

STANDARD 2: The Student will exhibit an improved level of health related fitness

HE.A.1.4.1 Understands the impact of personal health behaviors on body systems.	SE: (I) 74, 75, 77, 78, 79, 386-389, 394-398, 423-427, 432-435 TWE: (I) 75, 78,	SE: 397, 436 TWE: 436			SE: 79, 389, 398, 427, 435, 439, 533 TWE: 79
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	157, 218, 414, 416, 417, 420, 423, 424, 425, 426, 430, 520-523, 734				
HE.A.1.4.2 Understands the potential impact of common risk behaviors on the quality of life.	SE: (I) 406, 407, 432-435 TWE: (I) 77, 78, 420, 425, 484	TWE: 436			SE: 435 TWE: 79
HE.A.1.4.6 Knows how to delay the onset of and reduce the risk of potential health problems during adulthood.	TWE: (I) 414, 420, 424, 425, 427, 484	SE: 436 TWE: 436			SE: 439, 533
HE.B.1.4.4 Knows strategies for improving or maintaining personal, family, and community health.	SE: (I) 77, 78, 79, 411 TWE: (I) 78, 157, 414, 417, 424, 426, 427, 430, 484				
PE.A.1.4.1 Demonstrate competency or proficiency in self-selected activities.	SE: (M) 386				
PE.B.1.4.4 Maintain and improve motor skills and knowledge necessary for	TWE: (I) 386				

participation in beneficial physical activity.					
PE.B.2.4.1 Knows risks and safety factors that may affect physical activity throughout life.	SE: (I) 406, 407 TWE: (I) 18, 734	SE: 397 TWE: 397			
PE.C.2.4.2 Participate in games, sports, dance, outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and maintenance of wellness.	FPF: 239, 362-364, 366-369				
<u>STANDARD 3:</u> The Student will demonstrate awareness of biomechanical and physiological principles related to exercise & training.					
HE.A.1.4.1 Understands the impact of personal health behaviors on body systems.	SE: (I) 74, 75, 396, 417, 423-427, 432-435 (M) 433 TWE: (I) 74, 75, 414, 416, 417, 420, 423, 424, 425, 427	SE: 436 TWE: 436			SE: 427, 435, 439 TWE: 79
PE.A.2.4.1 Understands how the laws of motion apply to the	TWE: (I) 85				

acquisition and improvement of skills.					
PE.A.2.4.2 Knows how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.	TWE: (I) 85				
PE.A.2.4.3 Knows how to evaluate one's own skilled performances.	TWE: (I) 81, 416, 417				
PE.A.3.4.7 Understands the utilization of fats, proteins, and carbohydrates as related to physical activity.	SE: (I) 114, 116, 117				
PE.B.1.4.1 Know how to maintain appropriate levels of cardiovascular fitness, muscular strength and	SE: (I) 369, 417 TWE: (I) 75, 85, 414, 416, 417, 420	SE: 397 TWE: 84			TWE: 79

endurance, flexibility, and body composition necessary for a healthy lifestyle.					
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STANDARD 4: The Student will be able to identify the physical, mental & social benefits of a variety of physical activities.

HE.A.1.4.3 Understands the relationships among physical, mental, emotional, and social health throughout adulthood.	SE: (I) 4, 5, 6, 9, 10, 11, 12, 74, 75, 76, 77, 78, 79, 198-204, 248-251, 269, 406, 414, 416-422, 428-431, 442-446, 453-457, 464-467, 468-470, 474-476, 486-491, 492, 504-507, 509, 513, 514-517, 520-523, 524, 528, 529-533 TWE: (I) 4, 6, 10, 11, 12, 13, 14, 16, 28, 72, 74, 158, 170, 248-253, 272, 274-279, 414, 415, 416, 417, 421, 424, 440, 446, 454, 462, 463, 465, 468, 469, 480, 484, 488, 489, 493, 498-503, 506, 512, 513, 515-517, 520-523, 527 TWE: (M) 399	SE: 15, 76 TWE: 15, 76	TWE: (I) 491, 507, 519, 523 TWE: (M) 389	TWE: 523	SE: 4, 16, 79, 204, 279, 422, 431, 438-439, 460-461, 482-483, 491, 507, 510-511, 523, 533, 536-537 TWE: 279
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HE.A.1.4.6 Knows how to delay the onset of and reduce the risk for potential health problems during adulthood.	SE: (I) 5, 6, 9, 76, 77, 423-427, 513, 520, 529-533 TWE: (I) 4, 72, 414, 420, 424, 462, 484, 513, 523, 734				SE: 9, 427, 439, 533, 536-537
PE.B.1.4.5 Knows how to make changes in an individual wellness plan as lifestyle changes occur.	SE: (I) 5, 6, 9, 492, 529-533 TWE: (I) 4, 6, 11, 12, 108, 414, 426, 430, 513				SE: 9, 536-537
PE.A.3.4.1 Knows that physical activity reduces certain health risk factors.	SE: (I) 10, 11, 74, 75, 78, 79, 423-427, 492, 513, 529-533 TWE: (I) 74, 78, 414, 424, 427, 734	SE: 397			SE: 79, 427, 439, 536-537 TWE: 79
PE.A.3.4.2 Knows how regular physical activity can relieve the stress of everyday life.	SE: (I) 76, 77, 78 TWE: (I) 78	SE: 76			
PE.A.3.4.4 Knows the role of physical activity in the prevention of disease and the reduction of health-care costs.	SE: (I) 10, 76, 77, 492, 529-533 TWE: (I) 158, 414, 420, 734	SE: 76, 436			SE: 536-537
STANDARD 5: The Student will be able to identify, analyze, develop, implement and evaluate the six skill related fitness components.					

<p>HE.A.1.4.1 Understands the impact of personal health behaviors on body systems.</p>	<p>SE: (I) 6, 9, 28, 74, 75, 77, 78, 79, 151, 359, 360-366, 367-370, 371-375, 376-379, 396, 406-409, 423-427, 432-435, 493-494, 529-533 TWE: (I) 6, 110, 111, 157, 358, 360, 362, 363, 364, 367-370, 371-375, 384, 396, 414, 417, 424, 427, 447, 462, 480, 734 TWE: (M) 401</p>	<p>SE: 380, 436</p>	<p>TWE: 365</p>	<p>TWE: 371</p>	<p>SE: 9, 79, 366, 370, 375, 379, 409, 427, 435, 460, 536-537 TWE: 366, 370</p>
<p>HE.A.1.4.8 Knows how the prevention and control of health problems are influenced by research and medical advances</p>	<p>SE: (I) 498-503 TWE: (I) 407, 408, 433, 501, 508</p>	<p>TWE: 508</p>		<p>TWE: 404, 503</p>	<p>SE: 409</p>
<p>PE.A.1.4.1 Demonstrate competency or proficiency in self-selected activities.</p>	<p>TWE: (I) 417</p>				
<p>PE.A.2.4.1 Understanding how the laws of motion apply to the acquisition and improvement of skills.</p>	<p>SE: (I) 504-507</p>				<p>SE: 507</p>

<p>PE.A.2.4.2 Knows how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.</p>	<p>FPF: (I) 75, 255, 328.</p>				
<p>PE.A.2.4.3 Knows how to evaluate one's own skilled performances.</p>	<p>SE: (I) 92</p>				
<p>STANDARD 6: The Student will be able to identify, analyze, develop, implement and evaluate an individual wellness plan that will encompass the five health related fitness components.</p>					
<p>HE.B.1.4.1 Understands the role of individual responsibility regarding personal risk behaviors.</p>	<p>SE: (I)6, 8, 9, 38, 40, 80, 81, 82, 83, 84, 85, 86, 90, 91, 93, 94, 95, 96, 97, 104, 1058, 110, 111, 112, 113, 122-129, 130-137, 144-150, 151-156, 157-162, 164, 170-177, 325, 359, 360-366, 367-370, 371, 375, 376-379, 385, 390-393, 397, 406-409, 423-427, 492, 493-94, 527, 535, 736 TWE: (I) 6, 10, 11, 14, 80-83, 90-91, 94-97, 104-105, 108, 110-111, 114-119, 122-129, 130-137, 142-145, 148, 157, 159, 161, 175, 358, 360, 362-364, 367-370, 371-375, 376-379, 384, 393, 414, 440-41, 443, 456, 462, 477, 484, 485-87, 492, 527, 704, 705, 734</p>	<p>SE: (I) 8, 112, 118, 155, 160, 164, 176, 380, 410, 436 TWE: (I) 95, 118, 127, 153, 155, 160, 164, 176, 378, 380, 393, 397, 406, 471, 730</p>			<p>SE: 9, 44, 45, 86, 92, 97, 106-107, 113, 129, 137, 140-141, 150, 156, 162, 166-67, 177, 366, 370, 375, 379, 382-383, 389, 393, 398, 409, 427, 511 TWE: 86, 97, 106-107, 119, 129, 137, 149, 163, 166-167, 370, 375, 379</p>

<p>HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.</p>	<p>SE: (I) 6, 8, 9, 74, 75, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 93, 94, 95, 96, 97, 104, 105, 110, 111, 114, 115-11119, 122-129, 130-137, 144-150, 151-156, 157-162, 164, 170-177, 325, 359, 360-366, 367-370, 371-375, 376-379, 385, 390-393, 396, 397, 402, 406-409, 423-427, 437, 441, 443, 457, 471, 474, 476-479, 480, 485, 492, 493-494, 515, 517-519, 535, 736 SE: (M) 4 TWE: (I) 6, 10, 11, 14, 80, 81, 82, 83, 90, 91, 93, 94, 95, 96, 97, 104, 105, 108, 110, 111, 114, 115-119, 122-129, 130-137, 142, 143, 145, 147, 148, 157, 158, 159, 161, 168, 216, 358, 360, 362, 363, 364, 367-370, 371-375, 376-379, 384, 392, 393, 394, 396, 414, 442, 443, 448, 450, 452, 456, 462, 467, 470, 477, 484, 485, 486, 487, 492, 505, 515, 704, 705, 734</p>	<p>SE: (I) 8, 84, 112, 118, 155, 160, 164, 176, 207, 380, 393, 410, 436, 458, 506, 518, 522 TWE: (I) 84, 95, 118, 127, 153, 155, 160, 164, 176, 378, 380, 393, 397, 406, 436, 522, 730</p>	<p>TWE: 409</p>	<p>TWE: 370</p>	<p>SE: 9, 79, 86, 92, 97, 106-107, 113, 121, 129, 137, 140-141, 150, 156, 162, 166-167, 177, 366, 370, 375, 379, 382-383, 389, 393, 398, 409, 427, 439, 467, 479, 511, 519, 528, 533 TWE: 86, 97, 106-107, 119, 129, 137, 149, 163, 166-167, 370, 375, 379</p>
<p>Glencoe Health/Correlation to Sunshine State Standards (Florida-NEW)</p>		<p>9/10/2007</p>	<p>Page 12 of 47</p>		

<p>HE.C.1.4.1 Knows various strategies when making decisions related to health needs and risks of young adults.</p>	<p>SE: (I) 8, 104, 105, 110, 111, 112, 113, 114, 115, 122-129, 130-137, 144-150, 151-156, 157-162, 164, 170-177, 325, 359, 381, 385, 390-393, 397, 402, 437, 517-519, 535 TWE: (I) 11, 80-83, 104-105, 108, 110-111, 122-129, 130-137, 142-145, 148, 157-159, 161, 168, 175, 216, 358, 363, 364, 384, 385, 392, 393, 394, 426, 440, 441-443, 448, 456, 467, 470, 486, 487, 505, 515, 516</p>	<p>SE: (I) 8, 155, 160, 164, 176, 207, 339, 378, 380, 393, 410, 436, 458, 506, 518, 522 TWE: (I) 84, 118, 153, 155, 160, 164, 176, 207, 339, 378, 380, 393, 406, 436, 458, 506, 522</p>			<p>SE: 9, 113, 121, 137, 140-141, 150, 156, 162, 166-167, 177, 237, 366, 389, 393, 398, 439, 519, 528 TWE: 86, 106-107, 129, 137, 149, 163, 166-167</p>
<p>HE.C.1.4.4 Knows how to implement a plan for attaining personal health goals for the school year and knows methods for evaluating progress.</p>	<p>SE: (I) 84, 85, 90, 91, 105, 165, 381, 459, 517-519, 523, 617 TWE: (I) 81-83, 90-97, 105, 147, 217, 435, 452, 516, 613, 632, 704, 729, 734</p>	<p>SE: 84, 160, 378, 522, 726 TWE: 378, 471, 522, 726</p>			<p>SE: 86, 92, 106-107, 217, 398, 435, 519, 523, 533, 549 TWE: 86, 92, 106-107</p>
<p>PE.B.1.4.2 Knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a</p>	<p>SE: (I) 81, 82, 83, 84, 85, 86, 90, 91, 104, 105 TWE: (I) 81-83, 85, 90-97, 105, 158, 678, 679, 734</p>	<p>SE: 84 TWE: 84, 678</p>			<p>SE: 86, 92, 106, 107 TWE: 86, 92, 106-107</p>

training and conditioning program that enhances individual health-related needs.					
PE.B.1.4.3 Uses technology to assess, enhance, and maintain fitness and skills.	SE: (I) 81, 82, 83, 86, 146, 157-162, 165 TWE: (I) 81-83, 85, 90-91, 145-146, 149, 174, 175, 177, 191, 362	SE: 84 TWE: 84			SE: 162, 370 TWE: 92
PE.B.1.4.5 Knows how to make changes in an individual wellness plan as lifestyle changes occur.	SE: (I) 6, 38, 80-86, 90-91, 93-97, 104-105, 110-113, 122-129, 144-150, 151-156, 157-162, 164, 170-177, 201, 441, 443, 492, 493-494, 527-528, 535 TWE: (I) 11, 72, 80-83, 85, 90-97, 105, 108, 110-111, 114-119, 122-129, 142-143, 147, 148, 157, 161, 168, 216, 358, 362, 392, 414, 430, 435, 440-443, 448, 456, 467, 487, 492, 515, 524	SE: (I) 23, 84, 118, 160, 164, 207, 380, 393, 458 TWE: (I) 84, 118, 127, 153, 160, 207, 380, 393, 436, 458, 678			SE: 9, 44-45, 86, 92, 97, 106-107, 113, 121, 129, 150, 156, 162, 166-167, 177, 398, 435, 439 TWE: 86, 92, 97, 106-107, 119, 129, 149, 166-167, 452
PE.A.3.4.7 Understands the utilization of fats, proteins, and	TWE: (I) 108, 114-117	TWE: 458			

carbohydrates as related to physical activity.					
STANDARD 7: The Student will create and implement a personal health plan to achieve a goal.					
HE.A.1.4.6 Knows how to delay the onset of and reduce the risk for potential health problems during adulthood.	SE: (I) 69, 74-75, 88-89, 110-111, 122-129, 144-150, 151-156, 157-162, 360-366, 371-375, 376-379, 393-393, 406, 467, 474, 476-479, 529-533 TWE: (I) 2, 18, 87-89, 139, 142, 143, 161, 362, 363, 364, 376-379, 391-393, 414, 462, 464, 472, 484, 485	SE: 155, 380, 392, 410, 436 TWE: 380, 397, 410, 471, 506		TWE: 370	SE: 129, 150, 156, 162, 166-167, 366, 370, 375, 379, 382-383, 393, 412-413, 419, 482-483 TWE: (I)24-25, 92, 163, 379
HE.A.1.4.9 Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life.	SE: (I) 110, 114-115, 122-129, 144-150, 157-162, 492 TWE: (I) 88-89, 89, 142-143, 147-148, 158-159, 161, 392 TWE: (M) 72	SE: 155, 166 TWE: 160, 164			SE: 129, 150, 162 TWE: 92, 149, 163, 166-167

<p>HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.</p>	<p>SE: (I) 3, 23, 28, 69, 73-75, 90-91, 114-115, 122-129, 144-150, 151-156, 157-162, 170-177, 325, 360-366, 367-370, 371-375, 389, 390, 402, 423-427, 441, 443, 456, 467, 471, 474, 476-479, 492, 493-94, 515, 529-533 TWE: (I) 2, 20, 87-91, 139, 142-143, 147-148, 157, 159, 161, 168, 358, 362-364, 371-375, 376-379, 384, 391-394, 396, 414, 430, 440,-441, 443, 447-452, 462, 464, 470, 472, 484-485, 492, 704-705</p>	<p>SE: 155, 160, 176, 380, 392, 407, 410, 436, 471 TWE: 8, 56, 89, 164, 176, 380, 393, 397, 406, 410, 436, 522</p>	<p>TWE: 409</p>	<p>TWE: 370</p>	<p>SE: 24-25, 36, 44-45, 92, 129, 150, 156, 162, 166-167, 170, 366, 370, 375, 379, 382-383, 398, 412-413, 427, 467, 479, 519, 533 TWE: 24-25, 92, 149, 163, 375, 379, 452</p>
<p>HE.C.1.4.1 Knows various strategies when making decisions related to health needs and risks of young adults (e.g., support and reward system).</p>	<p>SE: (I) 10, 23, 28, 36, 90-91, 110-111, 144-150, 151-156, 157-162, 165, 170-177, 297, 325, 381, 389, 408, 437, 441, 443, 456 TWE: (I) 20, 87-91, 142, 143, 147, 364, 392, 394, 430, 440-443, 447-452, 448, 450, 462-467, 470</p>	<p>SE: 155, 160, 176, 207, 378, 380, 392, 407, 410, 436, 471, 506, 522 TWE: 89, 164, 176, 207, 380, 393, 406, 410, 506, 522</p>	<p>TWE: 409</p>		<p>SE: 25-25, 36, 44-45, 92, 156, 162, 166-167, 177, 204, 237, 366, 379, 398, 412-413, 439, 519, 528 TWE: 24-25, 92, 149, 163, 166-167, 452</p>

<p>HE.C.1.4.4 Knows how to implement a plan for attaining personal health goals for the school year and knows methods for evaluating progress.</p>	<p>SE: (I) 33-36, 43, 73, 87-91, 135, 297, 378, 381, 392, 459, 617 TWE: (I) 3, 34, 35, 42, 72, 73, 88-91, 147, 217, 435, 613, 729, 734</p>	<p>SE: 8, 35, 56, 89, 522, 726 TWE: 8, 34, 89, 207, 378, 522, 726</p>			<p>SE: 36, 92, 121, 217, 398, 435, 519, 523, 533, 549 TWE: 44-45, 79, 92, 149</p>
<p>HE.C.1.4.5 Knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.</p>	<p>SE: (I) 9, 10, 28, 33, 35-36, 73-75, 87-91, 110-111, 114-115, 122-129, 144-150, 157-162, 396, 433-437, 441, 467, 471, 474, 476-479, 492, 494-496 TWE: (I) 8, 20, 31, 34-35, 88-91, 139, 142, 143, 358, 384, 392, 393, 414, 440-441, 443, 447-452, 448, 462, 467, 470, 472, 492, 704, 705, 734</p>	<p>SE: 8, 35, 56, 89, 160, 392, 407, 436 TWE: 34, 56, 89, 393, 406, 436, 471, 506</p>			<p>SE: 36, 92, 121, 129, 150, 162, 166-167, 204, 237, 528 TWE: 24-25, 44-45, 92, 452</p>
<p>HE.C.1.4.6 Knows various strategies when applying the decisions-making process regarding health habits (e.g., ways to avoid junk foods).</p>	<p>SE: (I) 3, 9, 10, 23, 33-36, 43, 74, 75, 87-91, 110-111, 122-129, 144-150, 157-162, 165, 170-177, 297, 381, 389, 437, 441, 443, 456, 459, 467, 471, 506 TWE: (I) 20, 31, 34-35, 42, 72, 88-91, 139, 142-142,</p>	<p>SE: 8, 35, 56, 89, 160, 176, 380, 407, 436, 471, 506, 522 TWE: 8, 34, 89, 176, 380, 397, 406, 436, 471, 506, 522</p>			<p>SE: 24-25, 36, 44-45, 92, 121, 150, 162, 166-167, 177, 204, 237, 366, 479, 519, 523, 528, 533 TWE: 24-25, 45, 79, 92, 149, 452</p>

	147-148, 168, 207, 217, 363, 384, 414, 440, 441-443, 447-452, 462, 464, 467, 470, 704				
PE.B.1.4.1 Knows how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.	SE: (I) 87-92 TWE: (I) 72-73, 734	SE: 89			SE: 92
PE.B.1.4.2 Knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.	SE: (I) 87-89, 92 TWE: (I)72-73, 88-91, 734 TWE: (M) 56	SE: (M) 56 TWE: 56			SE: 92 TWE: 92
PE.B.1.4.5 Knows how to make changes in an individual wellness plan as lifestyle	SE: (I) 3, 33, 34, 74-75, 87-92, 144-150, 437, 441, 443, 529-533 TWE: (I) 3, 72-73,	SE: 89, 207 TWE: 89, 436			SE: 36, 44-45, 92, 150, 412 TWE: 92

changes occur.	88-91, 142-143, 435, 442, 443				
PE.B.1.4.6 Knows the correlation between obesity, high blood pressure, and increased physical activity.	SE: (I) 73-75, 89 TWE: (I) 73, 734				
PE.A.3.4.1 Knows that physical activity reduces certain health risk factors.	SE: (I) 73-75, 433 TWE: (I) 73				
PE.A.3.4.2 Knows how regular physical activity can relieve the stress of everyday life.	SE: (I) 73				
PE.A.3.4.4 Knows the role of physical activity in the prevention of disease and the reduction of health-care costs.	SE: (I) 73-75, 87-89, 91, 92, 433, 529-533 TWE: (I) 73	TWE: 436			SE: 92
PE.A.3.4.6 Understands the importance of making a commitment to physical activity as an important part of	SE: (I) 74-75, 87-89, 91-92, 529-533 TWE: 72	TWE: 436			SE: 92

one's lifestyle.					
PE.A.3.4.7 Understands the utilization of fats, proteins, and carbohydrates as related to physical activity.	SE: (I) 110, 114-121				SE: 121
STANDARD 8: The Student will apply knowledge and skills of common exercise injuries, illnesses and first aid procedures including CPR and AED's.					
HE.A.2.4.6 Knows how to analyze situations requiring professional health services.	SE: (I) 98-103, 437, 709, 736-741, 742-748, 749-754, 755-759 TWE: (I) 98-103, 408, 420, 612, 677, 704, 711, 712, 734, 749-754, 755-759, 760	SE: 100, 716, 739, 753, 757 TWE: 100, 713, 739, 753, 757, 760	TWE: 741, 748, 753	TWE: 713, 718	SE: 103, 741, 748, 754, 759, 762-763 TWE: 103
HE.B.1.4.5 Knows injury-prevention and injury-management strategies for personal, family, and community health.	SE: (I) 94-103, 391-393, 402, 406, 408, 437, 496, 706-713, 714-718, 719-724, 725-729, 731, 735, 736-741, 742-748, 749-754, 755-759 TWE: (I) 94-103, 390, 391, 396, 406, 408, 411, 420, 612, 677, 704, 706-713, 714-718, 719-724, 725-729, 734, 735, 737-741, 742-748, 749-754, 755-759, 760	SE: 100, 7808, 716, 726, 739, 753, 757 TWE: 100, 397, 406, 713, 716, 729, 739, 753, 757, 760	TWE: 741, 748, 759	TWE: 398, 713, 718, 754	SE: 97, 103, 409, 413, 497, 713, 718, 729, 732-733, 741, 748, 754, 759, 762-763 TWE: 97, 103, 718

PE.A.3.4.1 Knows that physical activity reduces certain health risk factors.	SE: (I) 93-103 TWE: (I) 93-103	SE: 100 TWE: 100			SE: 97 TWE: 97, 100
PE.A.3.4.2 Knows how regular physical activity can relieve the stress of everyday life.	FPF: 16-17, 23, 74, 76, 102, 127, 157, 188, 206, 210, 311, 340, 358				
PE.A.3.4.4 Knows the role of physical activity in the prevention of disease and the reduction of health-care costs.	SE: (I) 93-97, 390-393 TWE: (I) 93-97, 734 TWE: (M) 393				SE: 91, 393 TWE: 97
<u>STANDARD 9:</u> The Student will use technology to facilitate personal fitness and health.					
HE.B.2.4.1 Understands the impact of technology on personal, family, and community health.	SE: (I)10, 16, 22-23, 193, 243, 411, 437, 502-503, 508, 617, 635, 662, 695, 728, 729, 761 TWE: (I) 12, 22-23, 27, 52, 76, 232, 243, 303, 321, 404, 408, 476, 487, 488, 489, 490, 493, 495, 501, 728	SE: 218, 490 TWE: 490, 508		TWE: 9, 317, 389, 409, 491, 503, 729, 754	SE: 16, 24, 25, 317, 503, 507, 510-511, 754, 781 TWE: 24-25
PE.B.1.4.2 Knows how to apply the results of fitness assessments	SE: (I) 83-86				

to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.					
PE.B.1.4.3 Uses technology to assess, enhance, and maintain fitness and skills.	SE: (I) 16, 23, 81, 83, 86, 146, 157-162, 165, 193, 219, 243, 411, 508, 623, 728, 761 TWE: (I) 23, 27, 40, 76, 219, 232, 243, 303, 365, 400, 401, 404, 408, 476, 488, 489, 490, 517, 628, 630, 633, 691, 692, 724, 728, 756, 758, 774, 775	SE: 218, 490, 616, 770 TWE: 49, 616, 770		SE: 626 TWE: 389, 405, 409, 491, 503, 634, 754, 759	SE: 24-25, 393, 507, 754
STANDARD 10: The Student will use technology to develop physical education and health literacy and advocacy skills					
HE.B.2.4.1 Understands the impact of technology on personal, family, and community health.	SE: (I) 3, 22, 325, 411, 437, 502-503, 535, 635, 662, 695, 729 TWE: (I) 22, 287, 289, 387, 388, 490, 500, 525, 530, 588, 599, 604			TWE: 285, 289, 491, 533	SE: 503 TWE: 24-25
PE.B.2.4.4 Assumes an active leader role, a	FPF: 220				

supportive follower role, and a passive follower role as appropriate.					
PE.B.2.4.5 Understands the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and work place.	SE: (M) 411				
PE.A.3.4.3 Identifies the effects of age, gender, race, ethnicity, socioeconomic status, and culture upon physical activity preferences and exercise habits.		SE: 532		TWE: 533	
PE.A.3.4.5 Evaluates the effectiveness and use of community resources related to fitness.	SE: (I) 437, 535, 729 TWE: (I) 508, 530, 588, 599	SE: 532 TWE: 532			SE: 503

STANDARD 11: The Student will demonstrate knowledge and make sound decisions by evaluating consumer information, media, services and products.

HE.A.2.4.1 Understands	SE: (I) 48-53, 60-63, 68-69, 109, 112-	SE: 51, 62, 369, 564		SE: 279 TWE: 597	SE: 53, 63, 70-71, 113, 347
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potential controversy regarding the validity of health information, products, and services.	113, 143-144, 161, 165, 243, 563-564, 701 SE: (M) 31, 343 TWE: (I) 46, 48-53, 60-61, 68, 147, 152-153, 156, 165, 175, 212, 243, 365, 369, 516, 530, 531, 548, 566 TWE: (M) 342, 343	TWE: 15, 51, 62, 76, 369, 556, 564			TWE: 53, 63, 70, 71
HE.A.2.4.2 Knows resources from home, school, and community that provide valid health information.	SE: (I) 22, 28, 48-53, 62-63, 68-69, 113, 130-137, 161, 325 TWE: 22, 26, 46, 49, 50-53, 61, 68, 69, 109, 131, 152, 369, 516	SE: 51, 62, 127, 369 TWE: 51, 62, 369			SE: 24-25, 53, 63, 70-71, 113, 140-141 TWE: 53, 63, 70, 71
HE.A.2.4.3 Knows how to evaluate factors that influence personal selection of health products and services.	SE: (I) 4, 28, 31, 48, 49, 52-53, 60-63, 68-69, 109, 112-116, 130-137, 143-144, 161, 165, 243, 563-564, 701 TWE: 16, 46, 48-53, 60-61, 68-69, 131, 146-147, 152-153, 156, 165, 175, 212, 243, 365, 369, 427, 516, 522, 530, 531, 548, 560 TWE: (M) 342, 343	SE: 15, 51, 62, 127, 369, 564 TWE: 62, 76, 369, 556, 564		TWE: 519, 597	SE: 16, 24-25, 53, 63, 70-71, 113, 140-141, 347 TWE: 53, 63, 70, 71
HE.A.2.4.5 Knows how to analyze the cost and accessibility of	SE: (I) 54, 69 TWE: (I) 46, 68, 69, 365	TWE: 556			TWE: 70-71

health-care services.					
HE.B.2.4.2 Understands the role of governmental agencies in regulating advertising claims relate to health.	SE: (I) 50, 61, 62, 63, 69 TWE: (I) 46, 108, 368, 565	SE: 369 TWE: 369			SE: 63, 70, 71
HE.B.2.4.4 Knows how ethnic and cultural diversity both enrich and challenge healthy living.	SE: (I)109, 276 TWE: (I) 516, 522	TWE: 15		TWE: 285, 519	
PE.A.3.4.3 Identifies the effects of age, gender, race, ethnicity, socioeconomic status, and culture upon physical activity preferences and exercise habits.	SE: (I) 31 TWE: (I) 516, 531	SE: 15			
PE.A.3.4.5 Evaluates the effectiveness and use of community resources related to fitness.	SE: (I) 701 TWE: (I) 108, 530, 566	TWE: 76		TWE: 597	
STANDARD 12: The Student will gain knowledge of signs and symptoms of depression and ways to prevent suicide.					

HE.A.1.4.3 Understands the relationships among physical, mental, emotional, and social health throughout adulthood.	SE: (I) 210-213, 214-217, 223, 224-229 TWE: (I) 210, 211, 213, 219, 222-230, 234-237, 238-241	SE: 45, 218 TWE: 95, 212, 217, 218			SE: 213, 217, 220-221, 229 TWE: (I) 213, 220-221, 229, 233, 237, 244-245
HE.A.2.4.6 Knows how to analyze situations requiring professional health services.	SE: (I) 210, 213, 224-229, 234-237 TWE: (I) 211, 213, 222, 227, 228, 229, 230-233, 563	SE: 95, 218, 235 TWE: 95			SE: 213, 229 TWE: 213, 233
HE.B.1.4.1 Understands the role of individual responsibility regarding personal risk behaviors.	SE: (I)210-213, 214-217, 223 TWE: (I) 210, 211, 213, 219, 222, 224, 225, 227, 230-233	SE: 95 TWE: 95, 216			SE: 213, 217, 220-221 TWE: 231, 220-221, 233
HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.	SE: (I) 210-213, 214-217, 223 TWE: (I) 210, 211, 213, 214-214, 219, 222, 223, 224, 225, 228, 230-233	SE: 95, 218 TWE: 95, 202, 216, 218			SE: 213, 217, 220-221 TWE: 213, 217, 220-221, 233
HE.B.1.4.3 Knows strategies for managing stress.	SE: (I) 210-213, 214-217 TWE: (I) 210, 211, 213, 214-217, 219, 222	SE: 95, 218 TWE: 95, 212, 216, 218			SE: 213, 217, 220-221 TWE: 213, 217, 220-221
HE.B.3.4.7 Knows strategies for dealing with	SE: (I) 212, 224-229, 234-237 TWE: (I) 211, 213,	SE: 95, 212, 235 TWE: 212			SE: 229, 241, 244-245 TWE: 229-233

individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).	222, 227, 228, 229, 230-233, 234-237, 563				
HE.B.3.4.8 Understands various ways in which different families handle grief (e.g., in terms of cultural differences).	SE: (I) 238-241, 243, 282 TWE: (I) 238-241, 243, 282	SE: 95, 721 TWE: 95, 721			SE: 241, 244-245 TWE: 214, 244-245
STANDARD 13: The Student will demonstrate skills in self-awareness, self-acceptance and self-improvement.					
HE.B.1.4.1 Understands the role of individual responsibility regarding personal risk behaviors.	SE: (I) 2, 17, 18, 111, 113, 114-119, 122-129, 130-137, 142, 154, 168, 172, 173, 174, 176, 178, 179, 181, 185, 188-191, 246, 247, 249-253, 254-261, 300, 301, 302, 303, 304, 305, 328, 330-334, 335-340, 342, 344, 346, 348-353, 518, 767-771, 772, 775, 777-781 TWE: (I) 17, 18, 19, 31, 34, 110-113, 122-129, 130-137, 169, 170-177, 178-183, 184-187, 188-191, 214-217, 247, 248-253, 254-261, 274-279, 296, 297,	SE: 19, 112, 118, 127, 149, 180, 127, 149, 180, 186, 190, 192, 216, 242, 252, 277, 296, 314, 324, 333, 339, 345, 455, 518, 745, 780, 782 TWE: 112, 118, 149, 180, 191, 253, 258, 259, 277, 314, 324, 333, 339, 345, 354, 455, 502, 745, 780, 782	SE: 306 TWE: 353		SE: 24, 25, 44, 45, 113, 119, 129, 137, 194-195, 261, 340, 353, 771, 784-785 TWE: 21, 24, 25, 44, 45, 113, 121, 129, 137, 140-141, 183, 187, 191, 194-195, 217, 220-221, 253, 261, 279, 298-299, 306, 334, 340, 347, 365-357, 776

	302-306, 330-334, 335-340, 346, 349, 350-352, 355, 520-523, 731, 767-771, 776, 778-781				
HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.	SE: 17, 18, 31, 111, 113, 114-119, 122-129, 130-137, 142, 154, 168, 172, 173, 174, 176, 178, 179, 181, 185, 188-191, 214-217, 246, 247, 249-253, 254-261, 296, 300, 301, 302, 303, 304, 305, 328, 330-334, 335-340, 342, 344, 346, 348-353, 517, 518, 747, 767-771, 772, 775, 777-781 TWE: (I)18, 19, 110-113, 114-119, 122-129, 130-137, 169, 170-177, 178-183, 184-187, 188-191, 214-217, 247, 248-253, 254-261, 274-279, 296, 297, 302-306, 330-334, 335-340, 346, 348, 349, 350, 351, 352, 355, 469, 731, 751, 767-771	SE: 19, 112, 118, 127, 149, 180, 186, 190, 192, 216, 242, 252, 277, 296, 314, 324, 333, 339, 345, 455, 502, 518, 745, 780, 782 TWE: 112, 118, 149, 180, 191, 253, 258, 259, 277, 314, 324, 333, 339, 345, 354, 455, 502, 780, 782	SE: 306 TWE: 353		SE: 24, 25, 113, 119, 137, 194-195, 217, 220-221, 261, 340, 353, 771, 784-785 TWE: 21, 24, 25, 113, 121, 129, 137, 140-141, 183, 187, 191, 194-195, 217, 220-221, 253, 261, 279, 288-289, 306, 334, 340, 347, 356-357, 776
HE.C.1.4.3 Knows methods for predicting immediate and	SE: (118, 31, 111, 113, 114-119, 142, 168, 178, 179, 181, 185, 188-191, 254-	SE: 112, 118, 149, 180, 190, 216, 252, 296, 314, 324, 745 TWE: 112, 118,			SE: 24, 25, 113, 113, 194-195, 261 TWE: 21, 24, 25, 44, 45, 113, 121,

long-term impact of health decisions on the individuals who make them.	261, 296, 300, 301, 302, 304, 305, 328, 342, 344 TWE: (I) 17, 18, 31, 34, 110-113, 122-129, 178-183, 188-191, 224-229, 254-261, 296, 297, 302-306, 520-523, 524, 731	149, 180, 191, 258, 277, 314, 324, 465, 745, 780			129, 183, 194-195, 229, 261, 279, 298-299, 306, 776
HE.C.2.4.2 Knows methods for effectively expressing feelings and opinions on health issues.	SE: (I) 165, 169, 188-191, 247, 248-253, 254-261, 296, 302-306 TWE: (I) 26, 43, 47, 81-85, 89, 105, 120, 132, 133, 145, 147, 148, 176, 179, 181, 182, 183, 186, 187, 189, 200-202, 203, 227, 228, 229, 241, 246, 247, 250, 254-261, 296, 300-305, 339, 342, 516	SE: 180, 191, 237, 253, 258, 259, 324, 339 TWE: 180, 190, 192, 252, 324, 339, 502	TWE: 306, 347	SE: 353 TWE: 344	SE: 32, 41, 44, 45, 107, 156, 163, 167, 191, 194-195, 253, 261, 306 TWE: 195, 261
PE.C.2.4.1 Identifies personal feelings resulting from participation in physical activity.		SE: 149 TWE: 149			
PE.C.2.4.2 Participates in games, sports, dances, outdoor pursuits, and other physical activities that contribute to	FPF: 357-369,				

the attainment of personal goals and maintenance of wellness.					
PE.C.2.4.3 Knows the way in which personal characteristics, performance styles, and activity preferences will change over the course of one's life.	SE: (I) 19, 170-177, 178-183, 184-187, 520-523 TWE: (I)168	SE: 149-502 TWE: 149			SE: 177, 183, 187
STANDARD 14: The Student will demonstrate stress management skills.					
HE.B.1.4.3 Knows strategies for managing stress.	SE: (I) 31, 198-204, 205-209, 219, 280-285, 617, 679, 690 TWE: (I) 26, 31, 196-204, 206, 208, 209, 272, 280, 282, 283, 595, 614	SE: 207, 449 TWE: 203, 206, 449, 678			SE: 32, 204, 209, 285, 497 TWE: 204, 209
HE.B.3.4.3 Knows positive strategies for expressing needs, wants, and feelings.	SE: (I) 198-204, 205-209, 219, 280-285, 617 TWE: (I) 196, 198-204, 206, 208, 209, 272, 614	SE: 207 TWE: 206			SE: 204, 209, 285 TWE: 204, 209
HE.B.3.4.5 Knows strategies for solving interpersonal conflicts without harming self and others (e.g., peer	SE: (I) 204-209, 219, 280-285 TWE: (I) 26, 196, 272				SE: 209, 285

mediation skills).					
PE.A.3.4.2 Knows how regular physical activity can relieve the stress of everyday life.	SE: (I) 31, 198-204, 205-209, 282, 284 TWE: (I) 196, 197, 198-204, 206, 208, 272, 595	SE: 449 TWE: 206, 449			SE: 32, 204, 209, 285, 497 TWE: 204, 209
PE.A.3.4.4 Knows the role of physical activity in the prevention of disease and the reduction of health-care costs.	SE: (I) 198-204, 205-209, 282, 284 TWE: (I) 196, 197, 198-204, 206, 208	SE: 449 TWE: 206, 449			SE: 204, 209, 285 TWE: 204-209
PE.A.3.4.6 Understands the importance of making a commitment to physical activity as an important part of one's lifestyle.	SE: (I) 198-204, 205-209, 282, 284 TWE: (I) 196, 197, 198-204, 208	SE: 449 TWE: 206, 449			SE: 204, 207, 285 TWE: 204, 209
<u>STANDARD 15:</u> The Student will apply effective communication skills to enhance interpersonal relationships to promote teamwork and sportsmanship.					
HE.B.3.4.1 Understands the relationships between verbal and nonverbal communication (e.g., body language, voice tone, volume, and	SE: (I) 29, 37, 43, 165, 219, 250-251, 254-261, 269, 273, 297, 326, 350, 459, 509, 524, 526 TWE: (I) 26, 43, 171, 219, 246, 254-261, 332	SE: 29, 186, 212, 258, 259, 268, 284, 304, 351, 434, 478, 525, 553 TWE: 29, 86, 212, 258, 259, 268, 284, 351, 434, 478, 525, 553		TWE: 334	SE: 32, 44, 45, 253, 261, 270, 271, 298-299, 306, 427, 588 TWE: 44, 45, 253, 261, 270-271

pitch).					
HE.B.3.4.2 Knows techniques for communicating care, consideration, and respect of self and others (e.g., encouragement, trust, and sexual abstinence).	SE: (I)29, 37, 38, 39, 43, 165, 190, 219, 250-251, 254-261, 269, 273, 294-295, 297, 302-306, 325, 350, 381, 411, 459, 509, 526, 581 TWE: (I) 26, 43, 171, 219, 246, 251, 253, 254-261, 273, 295, 411	SE: 29, 39, 40, 186, 212, 258, 259, 268, 284, 304, 351, 434, 478, 525, 553 TWE: (I)29, 40, 186, 212, 258, 259, 268, 284, 351, 434, 478, 525, 553			SE: 32, 41, 44, 45, 190, 241, 253, 261, 270-271, 298-299, 306, 427, 528, 537, 741 TWE: 44, 45, 253, 270-271
HE.B.3.4.4 Knows skills for communicating effectively with family, friends, and others.	SE: (I) 29, 31, 38, 39, 43, 105, 165, 187, 191, 193, 219, 250-251, 251-261, 269, 273, 294-295, 297, 302-306, 325, 350, 355, 381, 411, 459, 508, 509, 524, 526, 581, 731, 757, 761, 783 TWE: (I) 26, 43, 47, 81, 82-85, 89, 105, 120, 133, 145, 147, 148, 150-152, 159, 162, 171, 173, 181, 182, 183, 187, 219, 228, 229, 246, 251, 253, 254-261, 273, 281, 282, 289, 295, 331, 337, 374, 375, 388, 395, 401, 404, 411, 419, 420, 426, 445, 449, 465, 487, 489, 490, 495,	SE: 29, 39, 40, 153, 186, 212, 258, 259, 268, 284, 304, 345, 351, 434, 449, 478, 490, 525, 553, 716, 753 TWE: 29, 40, 153, 186, 192, 212, 218, 258, 259, 268, 284, 351, 434, 449, 478, 495, 508, 525, 553, 753, 757	TWE: 741, 776	SE: 375, 781 TWE: 289, 370, 393, 405, 431, 467, 507, 533, 741	SE: 32, 41, 44, 45, 107, 156, 163, 167, 190, 195, 241, 253, 361, 270-271, 298-299, 306, 379, 383, 405, 422, 427, 435, 461, 479, 511, 528, 537, 713, 724, 729, 741, 748, 754, 759 TWE: 44, 45, 107, 129, 195, 253, 261, 270-271, 457, 776, 784

	501, 505, 506, 508, 526, 530, 609, 710, 720, 727, 738, 750, 752, 773, 774, 783				
HE.B.3.4.6 Understands the possible causes of conflict among youth in schools and communities (e.g., ethnic prejudice) and knows methods for reducing that conflict (e.g., conflict resolution skills and peer mediation).	SE: (I)187, 294-295 TWE: (I) 26, 246, 251, 337	SE: 259, 304, 525 TWE: 259, 525			
PE.B.2.4.2 Knows various ways in which conflicts can be resolved appropriately in game settings.	FPF: 7, 22, 76, 81				
PE.B.2.4.3 Demonstrates responsible behavior while playing sports (e.g., respecting opponents and officials, controlling emotions, and accepting victory and defeat).	FPF: 7, 22				

PE.B.2.4.4 Assumes an active leader role, a supportive follower role, and passive follower role as appropriate.	FPF: 220				
STANDARD 16: The Student will demonstrate appropriate refusal skills for negative and risky behaviors.					
HE.B.3.4.1 Understands the relationship between verbal and nonverbal communication (e.g., body language, voice tone, volume, and pitch).	SE: (I) 30, 105, 262-267, 307-312, 332 TWE: (I) 30, 32, 105, 262-267, 307-312, 332, 336 TWE: (M) 156	SE: 311, 333			SE: 32, 267, 270-271, 312, 334, 528
HE.B.3.4.3 Knows positive strategies for expressing needs, wants and feelings.	SE: (I) 30, 105, 262-267, 269, 286-290, 307-312, 322-323, 332, 535, 566-567, 611, 731 TWE: (I) 30, 32, 105, 262-267, 272, 286-290, 300, 307-312, 494, 611	SE: 265, 288, 311, 566, 745 TWE: 19, 265, 288, 311, 566, 745	TWE: 312	TWE: 312	SE: 267, 270-271, 290, 312, 323, 528, 550, 718 TWE: 44, 45, 267, 270-271, 290, 312
HE.B.3.4.5 Knows strategies for solving interpersonal conflicts without	SE: (I) 28, 30, 206, 262-267, 269, 286-290, 307-312, 322-323, 335-340, 411, 535, 566-567, 611,	SE: 265, 288, 304, 311, 333, 566 TWE: 365, 288, 311, 566	TWE: 312	TWE: 312	SE: 32, 267, 270-271, 290, 312, 323, 340, 528, 550 TWE: 44, 45, 261, 267, 270-271, 290,

harming self and others (e.g., peer mediation skills).	731 TWE: (I) 30, 32, 156, 246, 262-267, 272, 286-290, 300, 307-312, 348-353, 494, 611, 649				312, 353
HE.B.3.4.7 Knows strategies for dealing with individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).	SE: (I)153-156, 165, 262-267, 286-290, 307-312, 322-323, 335-340, 341, 342, 344, 350-351, 352, 411, 731 TWE: (I) 30, 105, 154, 165, 219, 262-267, 272, 286-290, 300, 307-312, 328, 348-353, 494, 611, 612, 649	SE: 19, 155, 288, 311 TWE: 153, 288, 311	SE: 353 TWE: 312	TWE: 312	SE: 367, 270-271, 290, 312, 323, 340 TWE: 267, 170-271, 290, 312, 353
HE.C.2.4.4 Knows positive ways to influence others to make positive choices.	SE: (I) 105, 263-267, 269, 307-312, 322-323, 411, 535, 611 TWE: (I) 30, 32, 105, 262-267, 272, 286-290, 300, 307-312, 609, 611, 612, 613	SE: 19, 288, 311, 550, 566 TWE: 19, 288, 311, 495, 550	TWE: 312	TWE: 312	SE: 267, 270-271, 312, 323, 427, 435, 718 TWE: 44, 45, 290, 312, 353
STANDARD 17 : The Student will demonstrate an understanding of the effects of and ways to prevent communicable and non-communicable diseases (i.e., HIV/AIDS, other STDs, Heart Disease, Diabetes, Cancers, Asthma).					
HE.A.1.4.8 Knows how the prevention and control of health problems are influenced by research and	SE: (I) 433-435, 498-503, 622-624, 625, 626, 628-630, 635, 641, 656, 658, 665, 666, 667, 676, 681, 683, 686 TWE: (I) 135, 136,			TWE: 680, 687, 694	SE: 641, 644-645, 670-671 TWE: 137

medical advances.	138, 139, 472, 620, 621, 630, 646, 664, 665, 666, 668, 675, 676, 682, 684, 685, 686, 691, 693 TWE: (M) 484				
HE.C.2.4.3 Knows strategies for overcoming barriers when communicating information, ideas, and opinions on health issues.	SE: (I) 634, 641, 665, 667, 669, 681, 700 TWE: (I) 472, 631, 653, 659, 662, 666, 668, 673, 679, 700	SE: 642 TWE: 660			SE: 634, 641, 645, 670-671, 684 TWE: 634, 641, 645, 670-671, 684
HE.C.1.4.6 Knows various strategies when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).	SE: (I) 134-137, 472-473, 621, 624-627, 629, 632-634, 635-637, 341, 643, 648, 654-655, 659, 662, 669, 673, 674, 677, 679, 680, 681, 684, 688, 701 TWE: (I) 139, 472, 621, 625, 632, 646, 649, 650, 661, 672, 674, 678, 679, 682, 683, 685, 691	SE: 639, 642, 657, 660, 666, 678, 686 TWE: 629, 656, 660, 666, 686	TWE: (651, 684		SE: 137, 140-141, 473, 626, 634, 641, 644-645, 661, 670-671, 680, 699 TWE: 137, 140-141, 473, 626, 634, 641, 644-645, 661, 670-671, 680, 699
HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.	SE: (I) 134-137, 433-435, 472-473, 459, 621, 624-627, 632-634, 635, 636-637, 641, 643, 648, 652, 654-655, 659, 662, 667, 669, 673-675, 677, 679, 681-684, 686, 688, 690-	SE: 629, 639, 642, 657, 660, 678, 686, 692 TWE: 629, 656, 660, 666, 686, 692	TWE: 651, 687	TWE: 657	SE: 137, 140-141, 473, 626, 634, 641, 644-645, 657, 661, 670-671, 680, 694, 699 TWE: 137, 140-141, 473, 626, 634, 641, 644-645, 657, 661, 670-671, 680,

	691, 693, 696, 698, 701 TWE: (I) 139, 484, 620-622, 624, 625, 632, 633, 646, 649, 650, 652, 661, 667, 672, 673, 674, 678, 679, 681, 682, 683, 685, 689, 691, 693, 696				694, 699
HE.B.2.4.3 Knows how information from peers, family, and the community influences personal health.	SE: (I) 473, 627, 634, 641, 647, 665, 666, 667, 677, 701 TWE: (I) 139, 625, 631, 633, 655, 660, 663, 665, 668, 675, 679, 691, 696	SE: 686 TWE: 660, 666			SE: 634, 641, 657, 661, 670-671, 687, 694 TWE: 634, 641, 657, 661, 670-671, 687, 694
HE.A.1.4.2 Understands the potential impact of common risk behaviors on the quality of life.	SE: (I) 134-137, 433-435, 472-473, 621, 624-626, 632-634, 635-637, 641, 643, 648, 650-651, 654-655, 656, 659, 662, 667, 669, 673, 674, 675, 677, 679, 681-684, 686, 688, 689, 690, 693, 696 TWE: (I) 136-137, 139, 484, 620, 621, 624, 625, 632, 633, 346, 649, 652, 661, 667, 672, 673, 676, 678, 679, 681, 682, 683, 685, 689, 691, 693, 696, 699	SE: 629, 639, 642, 657, 660, 678, 686, 692 TWE: 629, 656, 660, 666, 686, 692	TWE: 687		TWE: 137
HE.A.1.4.7	SE: (I) 627, 634,			TWE: 661, 699	SE: 657, 670-671,

Understands how public health policies and government regulations influence health conditions.	635, 641, 643, 652, 656, 662, 664, 665, 666, 695, 699, 703 TWE: (I) 135, 136, 624, 649, 654, 655, 663, 665, 668, 679, 682, 692, 697				699, 703 TWE: 137
HE.C.2.4.1 Knows oral, written, audio, and visual communication methods to accurately express health messages (e.g., through an audiovisual public service announcement).	SE: (I) 628, 643, 669, 701 TWE: (I) 135-137, 139, 472, 628, 630, 649, 653, 654, 655, 663, 664, 665, 675, 683, 688, 691, 697, 698	SE: 660, 692 TWE: 660, 692		TWE: 567, 626, 634, 657, 667, 694	SE: 634, 641, 661, 667, 670-671, 687, 703 TWE: 137, 634, 641, 661, 667, 670-671, 687, 703
PE.A.3.4.1 Knows that physical activity reduces certain health risk factors.	SE:(I) 4, 677, 679, 680, 692, 693, 694, 701 TWE: (I) 678, 693	SE: 678, 693			SE: 473, 694 TWE: 473, 694
PE.A.3.4.4 Knows the role of physical activity in the prevention of disease and the reduction of health-care costs.	SE:(I) 677, 679, 680, 688, 692, 693, 701 TWE: (I) 678, 693	SE: 678			SE: 473, 694 TWE: 473, 694
STANDARD 18: The Student will determine the physical, mental, social, economic and legal consequences of use, misuse, and abuse of ATODs.					

<p>HE.B.1.4.1 Understands the role of individual responsibility regarding personal risk behaviors.</p>	<p>SE:(I) 28, 198-204, 432, 433, 494-496, 508, 539, 540-545, 546-560, 551-555, 562-567, 568-573, 574-579, 581, 585, 586-591, 592-597, 598-602, 603-610, 611-615, 635, 648, 649, 670 TWE: (I) 40, 414, 433, 451, 484, 487, 494, 496, 502, 538, 540-545, 552, 560, 562, 563, 565, 568-573, 574-578, 584-585, 586-591, 592-597, 598-602, 603-610, 612, 684</p>	<p>SE: 430, 549, 566, 572, 580, 607, 614 TWE: 430, 550, 564, 572, 585, 593, 601, 614</p>	<p>TWE: 473, 597</p>		<p>SE: 204, 473, 491, 497, 545, 560, 558-559, 567, 573, 579, 582-583, 591, 597, 602, 615, 618-619, 650, 734 TWE: 44, 45, 545, 560, 558-559, 567, 573, 579, 582-583, 591, 597, 602, 615, 618-619, 650, 734</p>
<p>HE.C.2.4.1 Knows oral, written, audio, and visual communication methods to accurately express health messages (e.g., through an audiovisual public service announcement).</p>	<p>SE:(I) 28, 508, 617 TWE: (I) 477, 541, 542, 544, 547, 552, 555, 571, 578, 579, 587, 588, 589, 590, 596, 605, 606, 614, 685</p>	<p>SE: 430, 495, 554, 556, 572, 580, 593, 607 TWE: 430, 554, 556, 572, 580, 593, 596, 607, 692</p>	<p>TWE: 473</p>	<p>TWE: 555, 569, 573, 591, 594, 595, 602, 610, 615</p>	<p>SE: 431, 491, 545, 555, 558-559, 567, 573, 591, 597, 615, 619, 699, 703 TWE: 545, 558-559, 567, 573, 591, 597, 615, 619, 699, 703</p>
<p>HE.C.2.4.5 Knows methods for working cooperatively with others to advocate for healthy</p>	<p>SE: (I) 437, 508, 550, 554-555, 557, 574, 579, 581, 611, 617 TWE: (I) 433, 477, 538, 544, 548, 552,</p>	<p>SE: (I) 430, 495, 554, 556 TWE: 430, 554, 556</p>	<p>TWE: 473</p>	<p>TWE: 550</p>	<p>SE: 431, 491, 545, 558-559, 582, 615, 619 TWE: 431, 491, 545, 558-559, 582, 615, 619</p>

communities (e.g., community service projects and health careers).	564, 565, 569, 570, 567, 578, 593, 594, 612, 613, 614				
STANDARD 19: The Student will demonstrate an understanding of ways to prevent use, misuse, and abuse of ATODs.					
HE.C.1.4.5 Knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.	SE: (I) 21, 21, 28, 351, 433, 494-496, 508, 539, 546-550, 557, 561, 562-567, 568-573, 581, 589, 594, 598, 611-613, 617, 670, 685 TWE: (I) 20, 31, 291, 351, 384, 408, 414, 433, 451, 469, 484, 494, 496, 502, 538, 546, 548, 560, 561, 562, 563, 570, 577, 584, 590, 600, 603, 607, 609, 612, 690	SE: 544, 549, 553, 566, 572, 580, 601, 607, 614 TWE: (I) 430, 544, 550, 553, 564, 566, 572, 601, 607, 614	TWE: 550		SE: 21, 24, 25, 357, 473, 550, 558-559, 567, 573, 579, 582-583, 597, 602, 610, 615, 618-619, 650 TWE: 24, 25, 357, 473, 550, 558-559, 567, 573, 579, 582-583, 597, 602, 610, 615, 618-619, 650
HE.B.2.4.3 Knows how information from peers, family, and the community influences personal health.	SE: (I) 23, 28, 437, 547, 557, 563, 578, 594, 611 TWE: (I) 18, 433, 538, 544, 547, 548, 549, 552, 554, 560, 562, 563, 564, 570, 571, 577, 594, 599, 600, 613	SE: 430, 495, 544, 549, 554, 564, 580, 593, 601, 614 TWE: 430, 544, 550, 554, 580, 601	TWE: 550	TWE: 610	SE: 24, 25, 431, 555, 558-559, 567, 579, 582-583, 591, 602, 610, 615, 619 TWE: 24, 25, 431, 555, 558-559, 567, 579, 582-583, 591, 602, 610, 615, 619
HE.B.2.4.4 Knows how ethnic and cultural diversity both enrich and	TWE: (I) 469, 553	TWE: 550			SE: 431, 558-559

challenge healthy living.					
HE.C.1.4.6 Knows various strategies when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).	SE: (I) 20, 23, 28, 351, 432-433, 437, 494-496, 539, 546-550, 557, 561, 562-567, 581, 594, 598, 603, 611-613, 317, 638, 685 TWE: (I) 20, 351, 384, 408, 414, 433, 451, 469, 494, 496, 502, 521, 538, 546, 548, 560-563, 577, 584, 590, 600, 603, 607, 612, 613, 690	SE: 430, 544, 549, 553, 566, 572, 581, 601, 607, 614 TWE: 430, 544, 550, 553, 556, 572, 601, 607, 614			SE: 21, 24, 25, 357, 473, 491, 550, 558-559, 567, 573, 579, 582-583, 597, 602, 610, 615, 618-619, 650 TWE: 21, 24, 25, 357, 473, 491, 550, 558-559, 567, 573, 579, 582-583, 597, 602, 610, 615, 618-619, 650
<u>STANDARD 20:</u> The Student will demonstrate an understanding of benefits of sexual abstinence and consequences of teenage pregnancy.					
HE.B.1.4.2 Knows strategies for health enhancement and risk reduction.	SE: (I) 17, 20, 177, 313-317, 318-323, 478-479, 565, 596, 638, 648, 649, 650, 653, 660-661, 667, 684 TWE: (I) 20, 21, 291, 300, 313-317, 318-321, 469, 476, 596, 646, 648, 656	SE: 321, 534, 650 TWE: 321, 534, 650			SE: 21, 24, 25, 177, 317, 323, 326-327, 479, 567, 610, 650, 667 TWE: 24, 25, 317, 321, 326-327, 479, 567, 610, 650, 667
HE.B.3.4.2 Knows techniques for communicating care, consideration, and respect of self and others (e.g., encouragement,	SE: (I) 313-317, 318-323, 478-479, 667 TWE: (I) 21, 300, 313-317, 318-321, 656650, 667	SE: 321, 534 TWE: 321, 534, 650	TWE: 323	TWE: 21	SE: 317, 323, 326-327, 650, 667 TWE: 24, 25, 317, 321, 326-327, 650, 667

trust, and sexual abstinence).					
HE.C.1.4.5 Knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.	SE: (I) 17, 20, 21, 23, 177, 313-317, 318-323, 478-479, 565, 596, 638, 648, 660-661, 667, 684 TWE: (I) 20, 21, 300, 313-317, 318-323, 469, 476, 596, 646, 656	SE: 321, 534, 650 TWE: 321, 534, 650	TWE: 323		SE: 21, 24, 25, 177, 317, 323, 326-327, 479, 567, 610, 667 TWE: 25, 25, 317, 323, 326-327, 479, 567, 610, 667
HE.A.1.4.5 Knows how the social environment influences the health of the community.	SE: (I)20, 21, 313-317, 318-323, 325, 478-479, 597, 665, 667 TWE: (I) 20, 300, 313-317, 318-323, 469, 476, 656	SE: 321, 534 TWE: 321, 534, 650		TWE: 651	SE: 21, 24, 25, 317, 323, 326-327, 479, 567, 610, 667 TWE: (I) 25, 317, 323, 326-327, 479, 567, 610, 667
STANDARD 21: The Student will advocate for personal, family and/or community health and fitness.					
HE.A.1.4.4 Understands how the environmental conditions of the community influence the health of individuals.	SE: (I) 10, 12, 13, 27, 65, 67, 69, 138, 334, 340, 433, 496, 557, 764, 767-771, 772-776, 777-781, 783 TWE: (I) 13, 14, 65, 69, 135, 138, 182, 470, 496, 542, 551, 552, 690, 764-765, 766-771, 772-776, 777-781, 783	SE: 66, 770, 780, 782 TWE: 15, 553, 770, 780, 782	SE: 776	SE: 776 TWE: 776	SE: 67, 70, 71, 497, 511, 555, 558-559, 771, 776, 781, 784-785 TWE: 67, 70, 71, 497, 511, 555, 558-559, 771, 776, 781, 784-785
HE.A.2.4.2 Knows resources from home, school,	SE: (I) 7, 7, 8, 23, 27, 32, 39, 42, 43, 54-59, 64-65, 67,	SE: 62, 76, 293, 345, 354, 490, 532, 770	TWE: 340, 379	SE: 353, 375 TWE: 295, 422, 431, 446, 479, 528,	SE: 9, 32, 41, 55, 45, 59, 67, 70, 71, 79, 156, 237, 253,

<p>and community that provide valid health information.</p>	<p>69, 165, 193, 219, 234-237, 243, 253, 269, 272, 276, 281, 283, 297, 349, 355, 381, 411, 459, 508, 521, 535, 557, 579, 611, 614-615, 656, 669, 696, 701, 713, 731, 761, 783 TWE: (I) 5, 12, 14, 18, 26, 31, 39, 46, 47, 54-56, 58-61, 64-65, 69, 75, 81, 89, 102, 105, 117, 135, 138, 139, 147, 152, 155, 162, 182, 183, 192, 243, 266, 291-294, 305, 315, 333, 338, 351, 364, 378, 396, 419, 421, 425, 426, 464, 465, 445, 449, 455, 457, 466, 493, 494, 496, 501, 502, 526, 579, 590, 614, 710, 723, 739, 740, 744, 745, 746, 750, 773, 783</p>	<p>TWE: 39, 62, 76, 293, 654, 532</p>		<p>550</p>	<p>290, 295, 357, 422, 435, 446, 457, 461, 479, 483, 503, 528, 657 TWE: 9, 32, 41, 55, 45, 59, 67, 70, 71, 79, 156, 237, 253, 290, 295, 357, 422, 435, 446, 457, 461, 479, 483, 503, 528, 657</p>
<p>HE.A.2.4.4 Knows how to access school and community health services for self and others.</p>	<p>SE: (I) 23, 27, 41, 43, 54-59, 64-65, 67, 69, 105, 138, 193, 219, 234-237, 243, 253, 269, 272, 276, 281, 283, 291, 295, 297, 329, 355, 381, 411, 437, 459, 481, 508, 521, 535, 557, 579, 611, 614-</p>	<p>SE: 76, 293, 345, 354, 532, 770 TWE: 76, 293, 354, 532</p>	<p>TWE: 340, 379</p>	<p>SE: 375 TWE: 393, 422, 431, 448, 479, 550</p>	<p>SE: 41, 44-45, 59, 67, 70-71, 79, 140, 156, 237, 253, 290, 295, 357, 379, 393, 405, 413, 422, 435, 446, 457, 461, 479, 483, 490, 507, 528, 550, 657 TWE: 24, 25, 44-45, 59, 67, 70-71,</p>

	615, 656, 662, 664, 669, 701, 731, 761, 783 TWE: (I) 18, 19, 41, 46, 54-58, 64-65, 69, 75, 84, 85, 89, 102, 105, 117, 135, 138, 139, 151-152, 155, 162, 182, 192, 243, 266, 291-294, 305, 329, 333, 337, 338, 346, 351, 364, 374, 378, 387-389, 396, 401, 419, 425-426, 434, 435, 445, 449, 452, 455, 457, 466, 477, 493, 494, 496, 500-502, 518, 526, 579, 592, 614, 691, 710, 723, 738-740, 744-746, 750, 773, 774, 783				79, 140, 156, 237, 253, 290, 295, 357, 379, 393, 405, 413, 422, 435, 446, 457, 461, 479, 483, 490, 507, 528, 550, 657
HE.C.1.4.2 Knows the health concerns that require collaborative decisions making (e.g., community violence and water pollution).	SE: (I) 7, 8, 27, 39, 41, 67, 138, 139, 325, 340, 352, 557, 697, 767-771, 772-776 TWE: (I) 5, 7, 18, 26, 39, 135, 138, 333, 338, 341, 494, 496, 614, 767-771	SE: 31, 66, 293, 770 TWE: 39, 62, 76, 293, 770	TWE: 340		SE: 41, 44, 45, 67, 70, 71, 79, 140, 290, 528, 741, 771 TWE: 44, 45, 67, 771
HE.C.2.4.5 Knows methods for working cooperatively with others to advocate	SE: (I) 27, 32, 41, 43, 62, 63, 67, 69, 105, 193, 243, 276, 281, 283, 288, 297, 325, 329, 340, 349,	SE: 19, 39, 66, 293, 345, 532 TWE: 39, 76, 293, 354, 532, 771	TWE: 340	SE: 375 TWE: 295, 365, 375, 393, 431, 479, 497, 550	SE: 32, 41, 44-45, 63, 67, 70-71, 290, 295, 357, 379, 393, 405, 413, 422, 446, 457, 461, 479, 483,

<p>for healthy communities (e.g., community service projects and health careers).</p>	<p>355, 381, 411, 437, 459, 481, 509, 535, 557, 617, 643, 669, 677, 701, 713, 731, 761, 783 TWE: (I) 5, 7, 18, 19, 26, 39, 41, 75, 81, 84, 85, 139, 182, 183, 243, 291-294, 296, 315, 320, 325, 329, 33, 337, 338, 341, 346, 351, 374, 381, 388, 396, 401, 404, 411, 420, 434, 435, 445, 449, 451, 452, 455, 457, 472, 493, 494, 496, 500, 502, 505, 516, 518, 532, 542, 557, 624, 625, 654, 663, 665, 677, 696, 697, 698, 720, 727, 737, 738, 744, 745, 750, 775, 783</p>				<p>490, 503, 507, 523, 533, 776 TWE: 24, 25, 45, 67, 353, 528</p>
<p>HE.A.2.4.6 Knows how to analyze situations requiring professional health services.</p>	<p>SE: (I) 54-55, 57-59, 62-63, 65, 165, 234-237, 272, 291-295, 381, 432, 437, 457, 614-615, 662, 664, 689 TWE: (I) 18, 19, 31, 46, 54-58, 135, 138, 147, 155, 291, 293, 294, 328, 351, 352, 396, 404, 434, 450, 456, 478, 493, 739</p>	<p>SE: 293, 354 TWE: 155, 293</p>			<p>SE: 59, 63, 67, 70, 71, 237, 295, 457, 483 TWE: 25, 25, 63, 70, 71, 156</p>

<p>PE.C.1.4.1 Understands the influence of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.</p>	<p>SE: (I) 12, 272</p>				
<p>PE.C.1.4.2 Knows how to modify games and activities to allow for participation of students with special needs (e.g., physical activities).</p>	<p>SE: (I) 695-699</p>				
<p>PE.C.1.4.3 Knows the value of sport and physical activity in understanding different cultures.</p>					
<p>PE.B.2.4.3 Demonstrates responsible behavior while playing sports (e.g., respecting opponents and officials, controlling emotions, and</p>	<p>SE: (M) 96</p>				

accepting victory and defeat).					
PE.B.2.4.4 Assumes an active leader role, a supportive follower role, and a passive follower role as appropriate.	FPF: 220				
PE.B.2.4.5 Understands the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and work place.	SE: (I) 77				