

## **Health 9**

### **Assessments for Understanding:**

Pictures, Videos, Google Hangouts, Journals, Fitness Logs, Projects, Quiz

### **Focus: Examine and apply health concepts related to health promotion and disease prevention.**

#### **Power Standards:**

1:4:B2 Compare the benefits of and barriers to practicing a variety of health behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; physical activity; healthy eating; social behaviors to prevent or reduce violence; safety and related behaviors.

### **Focus: Students will demonstrate the ability to use goal-setting skills to enhance health.**

#### **Power Standards:**

6:4:A2 Evaluate potential barriers or setbacks that may impede one's ability to reach his/her health goal.

6:4:B2 Develop a plan to reach a personal health goal that addresses strengths, needs, and risks.

### **Focus: Examine health-enhancing behaviors**

#### **Power Standards:**

7:4:A1 Determine behaviors that will protect and promote health in high-risk situations. These may include but are not limited to: refraining from risky sexual behaviors; refraining from alcohol, tobacco, and other drug use; engaging in various forms of physical activity appropriate to current and future life stages; making complex food choices in various food environments to support healthy eating; applying social behaviors to prevent or reduce violence in settings relevant to one's culture; practicing safety-related behaviors in high-risk situations; and appropriately accessing health care services for routine preventive care and for illnesses and injuries

### **Focus: Examine and apply health concepts related to health promotion and disease prevention.**

1:4:A2 Examine the interrelationships of various dimensions of health (e.g., emotional, mental, physical, social, environmental, and occupational).