



# National Health and PE Standards

## **NATIONAL HEALTH EDUCATION STANDARDS: ACHIEVING EXCELLENCE:**

- HES 1- Students will comprehend concepts related to health promotion and disease prevention to enhance health. Performance indicators: grades 3-5 – 1.5.1, 1.5.2, 1.5.3, 1.5.4
- HES 2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors. – P.I. 2.5.1-2.5.6
- HES 3 – Students will demonstrate the ability to access valid information and products and services to enhance health. – P.I. 3.5.1, 3.5.2
- HES 5 – Students will demonstrate the ability to use decision-making skills to enhance health. – P.I. 5.5.1-5.5.6
- HES 6 Students will demonstrate the ability to use goal-setting skills to enhance health. – P.I. 6.5.1, 6.5.2
- HES 7- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. – P.I. 7.5.1-7.5.3
- HES 8 – Students will demonstrate the ability to advocate for personal, family, and community health. – P.I. 8.5.1, 8.5.2

## **NATIONAL STANDARDS FOR PHYSICAL EDUCATION K-12:**

### **National PE Standards**

The National Content Standards publications define what a student should know and be able to do as result of a quality physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.