

## **OUTLINE OF HEALTH EDUCATION AND PHYSICAL EDUCATION STANDARDS AND PERFORMANCE INDICATOR LABELS**

### **A. Health Concepts**

1. Healthy Behaviors and Personal Health
  2. Dimensions of Health
  3. Diseases/Other Health Problems
  4. Environment and Personal Health
  5. Growth and Development
  6. Basic Health Concepts
- ### **B. Health Information, Products, and Services**

1. Validity of Resources
2. Locating Health Resources

### **C. Health Promotion and Risk Reduction**

1. Healthy Practices and Behaviors
2. Avoiding/Reducing Health Risks
3. Self-Management

### **D. Influences on Health**

1. Influences on Health Practices/Behaviors
2. Technology and Health
3. Compound Effect of Risky Behavior

### **E. Communication and Advocacy Skills**

1. Interpersonal Communication Skills
2. Advocacy Skills

### **F. Decision-Making and Goal-Setting Skills**

1. Decision-Making
2. Goal-Setting
3. Long-Term Health Plan

### **G. Movement/Motor Skills and Knowledge**

1. Stability and Force
2. Movement Skills
3. Skill-Related Fitness Components
4. Skill Improvement

### **H. Physical Fitness Activities and Knowledge**

1. Fitness Assessment
2. Health-Related Fitness Plan
3. Fitness Activity
4. Physical Activity Benefits

### **I. Personal and Social Skills and Knowledge**

1. Cooperative Skills
2. Responsible Behavior
3. Safety Rules and Rules of Play(*Maine Learning Results, 2007*)