

National Health- Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Rationale: Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk-taking behaviors. This standard promotes the acceptance of personal responsibility for health and encourages the practice of healthy behaviors.

Grades 3-5

- . 7.5.1 Identify responsible personal health behaviors.
- . 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
- . 7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.

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Grades 6-8

- . 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.
- . 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- . 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

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. **Grades 9-12**

- . 7.12.1 Analyze the role of individual responsibility for enhancing health.
- . 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- . 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.