



COURSE GUIDE: POWER STANDARDS & LEARNING TARGETS

A Tradition of Pride

HEALTH (1)

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

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

LEARNING TARGET DESCRIPTIONS

- ☐ Level 3 learning targets **demonstrate understanding of foundational and complex knowledge.**
- ☐ Level 2 learning targets **demonstrate understanding of foundational knowledge.**

POWER STANDARD:	LEARNING TARGET: STUDENTS WILL ...
Students will comprehend concepts related to health promotion and disease prevention to enhance health.	Level 3
	<input type="checkbox"/> Create a personalized wellness wheel with pictures
	<input type="checkbox"/> Share an example of a situation when a health-related decision is needed to keep one safe
	Level 2
	<input type="checkbox"/> Identify trusted work professionals and family members who help promote health
	<input type="checkbox"/> Describe ways to stay safe and prevent injuries
	<input type="checkbox"/> Discuss the wellness wheel
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	<input type="checkbox"/> Identify areas of health (e.g., physical, emotional, social, environmental)
	Level 3
	<input type="checkbox"/> Demonstrate proper hand washing (e.g., hygiene)
	<input type="checkbox"/> Evaluate when hand washing is necessary
	Level 2
	<input type="checkbox"/> Describe behaviors that avoid or reduce health risk
	<input type="checkbox"/> List ways to prevent disease



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☐ Describe germs and how they can impact the body

- ☐ Provide an example of a situation when a health related decision is needed to keep one safe
- ☐ Discuss health goal with another student and a family member