

NATIONAL STANDARDS FOR HEALTH & PHYSICAL EDUCATION	KIDS TAKE HEART CURRICULUM <i>A program of The Hope Heart Institute.</i>																						
	ANATOMY UNIT				FITNESS UNIT							NUTRITION UNIT				STRESS/GOAL-SETTING UNIT							
	Heart=Muscle	Circulation Simulation	Lard Lesson	Sticky Blood	Finding Your Pulse	Food Pyramid Relay	Heart Parts Activity	Carbon Snatcher Activity	Falling Fork Activity	How's Your Breathing Activity	ECRs & Daily Amounts	Gregory, The Terrible Eater	Portion Distortion	Eyeball Estimates	Food=Fuel	What is Stress?	Emotions Behind Stress	Emotional Antonyms	Forgiveness & Turning the Tide	Attitude Check	Self-Care Assessment	Self-Esteem	Goal-Setting
NHES 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.			X	X					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
PI 1.5.1 – Describe the relationship between healthy behaviors and personal health.			X	X					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
PI 1.5.2 – Identify examples of emotional, intellectual, physical and social health.				X					X	X					X	X	X	X	X	X	X	X	X
NHES 2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.																X	X	X	X				
PI 2.5.3 – Identify how peers can influence healthy and unhealthy behaviors.																X	X	X	X				
NHES 3 – Students will demonstrate the ability to access valid information and products and services to enhance health.		X		X																			
PI 3.5.1 - Identify characteristics of valid health information, products and services.		X		X																			
NHES 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and advocate or reduce health risks.																	X	X	X	X			
PI 4.5.1 – Demonstrate effective verbal and non-verbal communication skills to enhance health.																	X	X	X	X			
PI 4.5.3 – Demonstrate non-violent strategies to manage or resolve conflict.																	X	X	X	X			
NHES 5 – Students will demonstrate the ability to use decision-making skills to enhance health.			X	X						X	X	X	X	X	X	X	X	X	X	X	X		X
PI 5.5.1 – Identify health-related situations that might require a thoughtful decision.			X	X							X	X	X	X	X	X		X		X			
PI 5.5.3 – List healthy options to health related issues or problems.			X	X						X	X			X				X	X	X	X		X
PI 5.5.5 – Choose a healthy option when making a decision.			X							X		X	X	X			X	X	X	X			X
PI 5.5.6 – Describe the outcomes of a health related decision.				X										X				X	X	X			X
NHES 6 – Students will demonstrate the ability to use goal-setting skills to enhance health.																					X		X
PI 6.5.1 – Set a personal health goal and track progress toward its achievement.																					X		X
NHES 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X
PI 7.5.1 – Identify responsible personal health behaviors.				X	X					X	X	X	X	X	X	X	X	X	X	X	X	X	X
PI 7.5.2 – Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.						X	X	X	X		X	X	X		X		X	X	X	X	X	X	X
PI 7.5.3 – Demonstrate a variety of behaviors that avoid or reduce health risks.						X	X	X	X			X	X		X		X	X	X	X	X	X	X
NHES 8 – Students will demonstrate the ability to advocate for personal, family and community health.		X		X	X				X	X				X	X			X	X	X			
PI 8.5.1 – Express opinions and give accurate information about health issues.		X		X	X				X	X				X	X			X	X	X			
NPES 2 – Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.					X	X	X	X	X	X													X
NPES 5 – Exhibits responsible personal and social behavior that respects self and others in physical activity settings.						X	X	X	X	X													
NPES 6 – Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					X	X	X	X	X	X	X												

NHES – National Health Education Standards

PI – Performance Indicator (for NHES)

NPES – National Physical Education Standards