

Ashford School Health Curriculum



Health Education Standards

Core Content Standard 1: 9 essential areas of health content


Alcohol, Nicotine, Drugs	Standard 5 Lesson 1
Relationships	Standard 4 Lesson 1 & 2 Standard 5 Lesson 1 Standard 8
Safety/Injury Prevention	Standard 5 Lesson 1 Standard 8
Violence/Abuse Prevention	Standard 5 Lesson 1 Standard 8
Healthy Eating	Standard 2 Lesson 1 Standard 3 Lesson 2 Standard 5 Lesson 1 Standard 7 Lesson 1-3
Physical Activity	Standard 5 Lesson 1
Personal Health	Standard 2 Lesson 1 Standard 3 Lesson 1 Standard 4 Lesson 1 Standard 5 Lesson 1 Standard 7 Lesson 1-3
Disease Prevention	Standard 2 Lesson 1 Standard 3 Lesson 1 Standard 5 Lesson 1 Standard 7 Lesson 1-3
Mental/Emotional Health	Standard 4 Lesson 1 Standard 5 Lesson 1 Standard 7 Lesson 1-3 Standard 8

Skills-based Standards 2-8 contain essential health related skills for contributing to healthy and balanced living.

Standard 2: Analyze Influences https://docs.google.com/presentation/d/1g1za6kEKXbUW_e1fWw1V5SLHAEX_Xf2XasZCi sewgx4/edit?usp=sharing	September: Lesson 1 November: Holiday Favorite Foods Discussions
Standard 3: Access Valid Health Information https://docs.google.com/presentation/d/1JnkEZJ29aiyjQXPEKN6qWW2pC7rOqNmfRwWU	September: Lesson 1 January: Puberty Lesson (5th) Nutrition (6)

dwwEYGE/edit?usp=sharing	
Standard 4: Interpersonal Communication https://docs.google.com/presentation/d/1LCk8YtwQ8EiGunRE5LLudSI6QIG16EIBARbtvzHB0U/edit?usp=sharing	September: Lesson 1 October: Lesson 2
Standard 5: Decision-Making Skills https://drive.google.com/drive/folders/1DNXrRWNhPmLxLiNEFfZ3B-MK7MDcXXSA?usp=drive_link  PowerPoint Presentation "In a Pickle"	March: (6)Lesson D-M Comic Strip/Poster/Play (5) In a Pickle Activity
Standard 6: Goal-Setting Skills https://drive.google.com/file/d/1wBYI-srphUgVKy06yNBTIJkfQ3jykujF/view?usp=drive_link https://drive.google.com/file/d/14EItJRqikP2GA7lq7DOn57IGtwDb5S1x/view?usp=sharing	April: SMART Goals
Standard 7: Practice Health-Enhancing Behaviors (Self-Management) https://docs.google.com/document/d/1uT25zBpj7QRt7wQ4VfSs-3wh79U4PqPfb74rQ3oXlRc/edit?usp=sharing	January: Lesson 1 EatRealFoog.gov Web introduction Lesson 2: Design your own eatrealfood.gov triangle February: Lesson 3: Nutrition Facts Label Activity (Gr6)
Standard 8: Advocacy Recognizing a Bully:  Recognizing Bullying Being an Advocate Project:  Benes1E_WR_AdvocacyAssessmentW...	May: Bullying Standing Up for yourself and Others

Resource:

Link to Access Digital Worksheets:  Lesson Planning for Skills-Based Health Education

Lesson Planning for Skills-Based Health Education: Meeting Secondary-Level National Standards

<https://us.humankinetics.com/search?options%5Bprefix%5D=last&q=skill-based+health>

