

Identifier	Poplar - Grade 10 - Health	Introduced	Completed
10 H 1	<b>HEALTH PROMOTION / DISEASE PREVENTION</b>		
10 H 1.01	Assess the impact of personal history, health care choices, and the aging process on individual health.		
10 H 1.02	Examine the health implications of the aging process.		
10 H 1.03	Demonstrate knowledge of food selection and nutrient needs to personal eating decisions and meal planning.		
10 H 1.04	Analyze beneficial and appropriate versus harmful and inappropriate use of drugs.		
10 H 1.05	Identify hazardous conditions and develop appropriate intervention strategies.		
10 H 1.06	Analyze how research and medical advances influence the prevention and control of disease.		
10 H 1.07	Describe ways an individual can effectively enhance personal health and contribute to the solution of community-wide health problems.		
10 H 1.08	Analyze how the environment influences the health of the community.		
10 H 1.09	Describe the sources, symptoms, and treatment of HIV/AIDS.		
10 H 1.10	Identify sources, symptoms, and treatments of sexually transmitted diseases other the HIV/AIDS.		
10 H 2	<b>HEALTH INFORMATION / ACCESSING INFORMATION</b>		
10 H 2.01	Analyze health promotion and disease prevention efforts.		
10 H 2.02	Critique sources of health information for accuracy.		
10 H 3	<b>HEALTH ENHANCEMENT / SELF MANAGEMENT</b>		
10 H 3.01	Create a school-wide plan providing for individual security and safety utilizing school and community resources.		
10 H 3.02	Develop knowledge and strategies for avoiding negative social situations including suicide, alcohol, tobacco, and other drugs.		
10 H 3.03	Apply injury prevention and management strategies to improve and maintain personal, family, and community health.		
10 H 3.04	Compare and contrast stress management techniques.		
10 H 3.05	Demonstrate the understanding that improvement of locomotor skills depends on individual effort on one's own time.		
10 H 3.06	Develop and maintain a positive attitude towards continued effort to improve		
10 H 3.07	Demonstrate understanding of the need for activity throughout life.		
10 H 3.08	Understand the present value of activities and their carry-over value to later life.		
10 H 3.09	Strive to improve one's personal best.		
10 H 3.10	Demonstrate a positive self-image.		
10 H 3.11	Demonstrate appropriate social skills for involvement in group activities.		
10 H 3.12	Exercise control of emotions and demonstrate other qualities of good sportsmanship.		
10 H 3.13	Recognize the rhythmic aspects of movement.		
10 H 3.14	Demonstrate skills in rhythmic activities.		
10 H 4	<b>INFLUENCES</b>		
10 H 4.01	Evaluate cultural similarities and differences and effects on health.		
10 H 4.02	Explore how technology is used to enhance health.		
10 H 4.03	Assess the impact of promotion and distribution of products and services on consumer health.		
10 H 4.04	List and discuss risk factors associated with substance abuse.		
10 H 4.05	Describe how to utilize programs and facilities designed to help with chemical abuse.		
10 H 5	<b>INTERPERSONAL COMMUNICATION</b>		
10 H 5.01	Utilize skills for communicating effectively.		
10 H 5.02	Analyze a school plan for conflict management.		
10 H 6	<b>DECISION MAKING / GOAL SETTING</b>		
10 H 6.01	Formulate an effective plan for lifelong health enhancement.		
10 H 6.02	Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.		
10 H 6.03	Utilize the decision-making process to address complex community health issues.		
10 H 6.04	List factors that influence spouse selection.		
10 H 7	<b>PERSONAL AND COMMUNITY HEALTH</b>		
10 H 7.01	Identify the methods for being a responsible voice for self and others when promoting health practices in the community.		
10 H 7.02	Demonstrate the ability to adapt health messages to meet the characteristics and needs of a particular audience.		
10 H 7.03	Demonstrate an understanding of how individual skills fit the team concept.		

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10 H 7.04	Understand and comply with safety rules develop for students' protection while in activities, including concern for and care of weights and the weight room.		
10 H 7.05	Understand and comply with rules governing conduct in the physical education facility and locker rooms.		
10 H 7.06	Demonstrate understanding of rules controlling activities, and apply them when officiating.		
10 H 7.07	Demonstrate the understanding that physical activity improves performance.		
10 H 7.08	Understand and apply various offensive and defensive strategies in game situations.		
10 H 7.09	Develop and demonstrate average or higher skill and strategy in team and individual sports.		