

Components by State Goal

State Goal 19

Goal 19A

- 19.A.1 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.

Comp. Code	Outcome Components
PEH.00.PE.H1.C3	Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills as well as combinations and sequences in each area.
PEH.01.PE.H1.C3	Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills as well as combinations and sequences in each area.

- 19.A.2 Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.

Comp. Code	Outcome Components
PEH.02.PE.H1.C1	Demonstrate the ability to perform a range of sports skills at their individual ability level.
PEH.03.PE.H1.C1	Demonstrate the ability to perform a range of sports skills at their individual ability level.
PEH.04.PE.H1.C1	Describe critical elements of correct movement pattern for all fundamental (basic) movement skills.
PEH.04.PE.H1.C2	Apply the concept of practice to improve skills in appropriate settings.
PEH.05.PE.H1.C1	Describe critical elements of correct movement pattern for all fundamental (basic) movement skills.
PEH.05.PE.H1.C2	Apply the concept of practice to improve skills in appropriate settings.

- 19.A.4 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.

Comp. Code	Outcome Components
PEH.09.PE.H1.C1	Demonstrate knowledge of skills in individual and team sports, through creative movement and work-related activities.

PEH.09.PE.H1.C2 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.

PEH.10.WK.H1.C2 Participate in a daily walking program in both group and individual settings.

19.A.5 Demonstrate knowledge and skills in a self-selected individual sport, a team sport, creative movement and work-related activities.

Comp. Code	Outcome Components
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PEH.09.PE.H2.C3 Demonstrate rule competency prior to starting an activity..

PEH.09.PE.H4.C2 Apply proper safety habits during classroom participation.

PEH.10.WK.H1.C1 Develop personal goal(s) and a plan to achieve their goal(s).

PEH.11.RIS.H1.C1 Demonstrate control when performing a combination and sequence of muscle and joint movement in the bench press.

PEH.11.RIS.H1.C2 Demonstrate control when performing a combination and sequence of muscle and joint movement in the squat.

PEH.11.RIS.H1.C3 Demonstrate control when performing a combination and sequence of muscle and joint movement in the dead lift.

PEH.11.RIS.H1.C4 Demonstrate control when performing a combination and sequence of muscle and joint movement in the auxiliary lifts.

PEH.11.RIS.H3.C1 Use proper safety equipment.

PEH.11.RIS.H3.C2 Perform the proper spotting technique.

PEH.11.RIS.H3.C3 Model proper lifting techniques through assigned modified activities.

PEH.11.RIS.H3.C4 Demonstrate all other classroom safety procedures.

Goal 19B

19.B.1 Understand spatial awareness and relationships to objects and people.

Comp. Code	Outcome Components
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PEH.00.PE.H3.C3 Demonstrate the ability to appropriately use an assortment of equipment.

PEH.01.PE.H3.C3 Demonstrate the ability to appropriately use an assortment of equipment.

19.B.2 Identify the principles of movement (e.g., absorption and application of force, equilibrium).

Comp. Code	Outcome Components
PEH.02.PE.H1.C1	Demonstrate the ability to perform a range of sports skills at their individual ability level.
PEH.03.PE.H1.C1	Demonstrate the ability to perform a range of sports skills at their individual ability level.
PEH.04.PE.H1.C1	Describe critical elements of correct movement pattern for all fundamental (basic) movement skills.
PEH.04.PE.H1.C2	Apply the concept of practice to improve skills in appropriate settings.
PEH.04.PE.H1.C3	Recognize and describe critical elements of more complex movement patterns.
PEH.05.PE.H1.C1	Describe critical elements of correct movement pattern for all fundamental (basic) movement skills.
PEH.05.PE.H1.C2	Apply the concept of practice to improve skills in appropriate settings.
PEH.05.PE.H1.C3	Recognize and describe critical elements of more complex movement patterns.

19.B.4 Analyze various movement patterns for efficiency and effectiveness.

Comp. Code	Outcome Components
PEH.09.PE.H3.C1	Develop an understanding of proper technique through classroom discussion.
PEH.09.PE.H3.C2	Model proper techniques for each activity.
PEH.09.PE.H3.C3	Demonstrate proper technique through activity participation and classroom assessment.
PEH.10.WK.H1.C3	Apply the use of technology in recording walking intensity.
PEH.10.WK.H1.C4	Record log results of walking intensity.

19.B.5 Apply the principles of efficient movement to evaluate personal performance.

Comp. Code	Outcome Components
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- PEH.09.PE.H1.C2 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.
- PEH.09.PE.H1.C3 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.
- PEH.09.PE.H1.C4 Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.
- PEH.10.WK.H1.C3 Apply the use of technology in recording walking intensity.
- PEH.11.RIS.H2.C1 Model the proper technique for each of the three core lifts for the instructor.
- PEH.11.RIS.H2.C2 Model proper lifting technique for one another.
- PEH.11.RIS.H2.C3 Perform self-correcting methods through peer guidance.
- PEH.11.RIS.H4.C1 List fitness goals for this class, including core lift improvement.
- PEH.11.RIS.H4.C2 Perform 8 to 10 rep maximum lifts in the three core areas (bench, squat, and deadlift).
- PEH.11.RIS.H4.C3 Perform prescribed programs of lifting according to workout cycle.
- PEH.11.RIS.H4.C4 Perform 8 to 10 reps maximum lifts in the three core areas to assess progress at the conclusion of the semester. (Core index number will be determined and improvement noted.)

Goal 19C

19.C.1 Demonstrate safe movement in physical activities.

Comp. Code	Outcome Components
PEH.00.PE.H1.C2	Demonstrate an ability to perform safely using spatial awareness within the environment.
PEH.01.PE.H1.C2	Demonstrate an ability to perform safely using spatial awareness within the environment.

19.C.2a Identify and apply rules and safety procedures in physical activities.

Comp. Code	Outcome Components
PEH.02.PE.H1.C2	Demonstrate the ability to apply the learned sports skills to lead-up games and activities.

- PEH.02.PE.H1.C3 Demonstrate the ability to apply knowledge learned from lead-up games to modified team games.
- PEH.03.PE.H1.C2 Demonstrate the ability to apply the learned sports skills to lead-up games and activities.
- PEH.03.PE.H1.C3 Demonstrate the ability to apply knowledge learned from lead-up games to modified team games.
- PEH.04.PE.H1.C3 Recognize and describe critical elements of more complex movement patterns.
- PEH.04.PE.H3.C2 Follow rules and safe practices in all class activities without being reminded.
- PEH.04.PE.H3.C3 Distinguish between compliance and noncompliance with game rules and fair play.
- PEH.05.PE.H1.C3 Recognize and describe critical elements of more complex movement patterns.
- PEH.05.PE.H3.C2 Follow rules and safe practices in all class activities without being reminded.
- PEH.05.PE.H3.C3 Distinguish between compliance and noncompliance with game rules and fair play.

19.C.2b Identify offensive, defensive and cooperative strategies in selected activities and games.

Comp. Code	Outcome Components
PEH.02.PE.H1.C2	Demonstrate the ability to apply the learned sports skills to lead-up games and activities.
PEH.02.PE.H1.C3	Demonstrate the ability to apply knowledge learned from lead-up games to modified team games.
PEH.03.PE.H1.C2	Demonstrate the ability to apply the learned sports skills to lead-up games and activities.
PEH.03.PE.H1.C3	Demonstrate the ability to apply knowledge learned from lead-up games to modified team games.
PEH.04.PE.H1.C3	Recognize and describe critical elements of more complex movement patterns.
PEH.04.PE.H1.C4	Identify ways that movement concepts can be used to refine movement skills

PEH.05.PE.H1.C3 Recognize and describe critical elements of more complex movement patterns.

PEH.05.PE.H1.C4 Identify ways that movement concepts can be used to refine movement skills.

19.C.3a Apply rules and safety procedures in physical activities.

Comp. Code	Outcome Components
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PEH.06.PE.H1.C1 Demonstrate their knowledge of the rules prior to activity.

PEH.06.PE.H1.C2 Demonstrate game rules through participation with others.

PEH.06.PE.H1.C3 State game rules to others during activities.

PEH.06.PE.H1.C4 Monitor and adjust game play to coincide with game rules.

PEH.07.PE.H1.C1 Demonstrate their knowledge of the rules prior to activity.

PEH.07.PE.H1.C2 Demonstrate game rules through participation with others.

PEH.07.PE.H1.C3 State game rules to others during activities.

PEH.07.PE.H1.C4 Monitor and adjust game play to coincide with game rules.

PEH.08.PE.H1.C1 Demonstrate their knowledge of the rules prior to activity.

PEH.08.PE.H1.C2 Demonstrate game rules through participation with others.

PEH.08.PE.H1.C3 State game rules to others during activities.

PEH.08.PE.H1.C4 Monitor and adjust game play to coincide with game rules.

19.C.3b Apply basic offensive, defensive and cooperative strategies in selected activities, games and sports.

Comp. Code	Outcome Components
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PEH.06.PE.H1.C1 Demonstrate their knowledge of the rules prior to activity.

PEH.06.PE.H1.C2 Demonstrate game rules through participation with others.

PEH.06.PE.H1.C3 State game rules to others during activities.

PEH.06.PE.H1.C4 Monitor and adjust game play to coincide with game rules.

- PEH.07.PE.H1.C1 Demonstrate their knowledge of the rules prior to activity.
- PEH.07.PE.H1.C2 Demonstrate game rules through participation with others.
- PEH.07.PE.H1.C3 State game rules to others during activities.
- PEH.07.PE.H1.C4 Monitor and adjust game play to coincide with game rules.
- PEH.08.PE.H1.C1 Demonstrate their knowledge of the rules prior to activity.
- PEH.08.PE.H1.C2 Demonstrate game rules through participation with others.
- PEH.08.PE.H1.C3 State game rules to others during activities.
- PEH.08.PE.H1.C4 Monitor and adjust game play to coincide with game rules.

19.C.4a Develop rules and safety procedures for physical activities.

Comp. Code	Outcome Components
PEH.09.PE.H1.C3	Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.
PEH.09.PE.H2.C2	Demonstrate their knowledge of the desired rules for activities through participation.
PEH.09.PE.H4.C1	Explain why safety habits are important for individual and team activities.

19.C.4b Select and apply offensive, defensive and cooperative strategies in selected activities, games and sports.

Comp. Code	Outcome Components
PEH.09.PE.H1.C4	Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.

19.C.5a Select components (e.g., equipment, boundaries, number of players, rules) which promote participation in novel or original physical activities.

Comp. Code	Outcome Components
PEH.09.PE.H2.C1	Compare and contrast their knowledge of rules for team and individual activities through class discussion.

19.C.5b Analyze and apply complex offensive, defensive and cooperative strategies for selected games and sports.

Comp. Code	Outcome Components
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PEH.10.WK.H2.C7 Incorporate good communication skills with teacher and other students.

State Goal 20

Goal 20A

20.A.1b Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.

Comp. Code	Outcome Components
PEH.00.PE.H2.C1	Demonstrate the ability to locate their heart beat with hand on chest area and compare the difference between resting heart rate and exercise induced heart rate.
PEH.00.PE.H2.C2	Demonstrate the ability to explain some simple physiological changes the body incurs during physical activity.
PEH.01.PE.H2.C1	Demonstrate the ability to locate their heart beat with hand on chest area and compare the difference between resting heart rate and exercise induced heart rate.
PEH.01.PE.H2.C2	Demonstrate the ability to explain some simple physiological changes the body incurs during physical activity.

20.A.2a Describe the benefits of maintaining a health-enhancing level of fitness.

Comp. Code	Outcome Components
PEH.02.PE.H2.C1	Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.
PEH.02.PE.H2.C2	Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.
PEH.03.PE.H2.C1	Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.
PEH.03.PE.H2.C2	Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.
PEH.04.PE.H2.C1	Describe the physical, emotional, and psychological benefits of participation in health-related (healthy lifestyle) activities.
PEH.04.PE.H2.C2	Demonstrate regular participation in health-related activities outside of class.
PEH.05.PE.H2.C1	Describe the physical, emotional, and psychological benefits of participation in health-related (healthy lifestyle) activities

PEH.05.PE.H2.C2 Demonstrate regular participation in health-related activities outside of class.

20.A.2b Regularly participate in physical activity for the purpose of sustaining or improving individual levels of health-related fitness.

Comp. Code	Outcome Components
PEH.02.PE.H2.C1	Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.
PEH.02.PE.H2.C2	Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.
PEH.03.PE.H2.C1	Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.
PEH.03.PE.H2.C2	Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.
PEH.04.PE.H2.C2	Demonstrate regular participation in health-related activities outside of class.
PEH.05.PE.H2.C2	Demonstrate regular participation in health-related activities outside of class.

20.A.3a Identify the principles of training: frequency, intensity, time and type (FITT).

Comp. Code	Outcome Components
PEH.08.HL.H3.C1	Demonstrate understanding of the FITT principles.

20.A.3b Identify and participate in activities associated with the components of health-related fitness.

Comp. Code	Outcome Components
PEH.06.PE.H1.C4	Monitor and adjust game play to coincide with game rules.
PEH.07.PE.H1.C4	Monitor and adjust game play to coincide with game rules.
PEH.08.PE.H1.C4	Monitor and adjust game play to coincide with game rules.

20.A.4a Interpret the effects of exercise/physical activity on the level of health-related fitness.

Comp. Code	Outcome Components
PEH.10.HL2.H1.C7	Identify choices for physical activity.

PEH.10.WK.H1.C5 Analyze current results to establish positive life style effects.

20.A.4b Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

Comp. Code	Outcome Components
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PEH.08.PE.H3.C5 Identify the basics of an exercise program.

PEH.10.HL2.H1.C6 Define a workout.

20.A.5 Implement an individualized health-related fitness plan which includes the principles of training.

Comp. Code	Outcome Components
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PEH.10.WK.H1.C6 Apply knowledge of fitness concepts towards life long wellness.

PEH.11.RIS.H1.C1 Demonstrate control when performing a combination and sequence of muscle and joint movement in the bench press.

Goal 20B

20.B.1 Describe immediate effects of physical activity on the body (e.g., faster heartbeat, increased pulse rate, increased breathing rate).

Comp. Code	Outcome Components
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PEH.02.PE.H2.C1 Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.

PEH.02.PE.H2.C2 Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.

PEH.03.PE.H2.C1 Demonstrate the ability to describe the affects of exercise and lack of exercise on the human body as well as distinguishing between good and bad eating habits.

PEH.03.PE.H2.C2 Demonstrate the ability to recognize the importance of a healthy lifestyle creating a habit of lifelong physical activity.

20.B.3a Monitor intensity of exercise through a variety of methods (e.g., perceived exertion, pulse monitors, target heart rate), with and without the use of technology.

Comp. Code	Outcome Components
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PEH.06.PE.H2.C1 Monitor heart rate during game play.

PEH.06.PE.H2.C2 Compare heart rate level to suggested heart rate levels during activity.

- PEH.06.PE.H2.C3 Adjust personal intensity during game play to increase their desired fitness level.
- PEH.07.PE.H2.C1 Monitor heart rate during game play.
- PEH.07.PE.H2.C2 Compare heart rate level to suggested heart rate levels during activity.
- PEH.07.PE.H2.C3 Adjust personal intensity during game play to increase their desired fitness level.
- PEH.08.HL.H3.C1 Demonstrate understanding of the FITT principles.
- PEH.08.HL.H3.C2 Participate in physical activity and measure the effects of fitness on the body.
- PEH.08.HL.H3.C3 Monitor effects of exercise by adjusting different fitness principles.
- PEH.08.HL.H3.C4 Determine which FITT principles can improve personal fitness goals.
- PEH.08.PE.H2.C1 Monitor heart rate during game play.
- PEH.08.PE.H2.C2 Compare heart rate level to suggested heart rate levels during activity.
- PEH.08.PE.H2.C3 Adjust personal intensity during game play to increase their desired fitness level.

20.B.3b Evaluate the strengths and weak-nesses of a personal fitness profile.

Comp. Code	Outcome Components
PEH.06.PE.H2.C3	Adjust personal intensity during game play to increase their desired fitness level.
PEH.07.PE.H2.C3	Adjust personal intensity during game play to increase their desired fitness level.
PEH.08.PE.H2.C3	Adjust personal intensity during game play to increase their desired fitness level.

20.B.5a Collect and interpret health-related fitness data over a period of time, with and without the use of technology.

Comp. Code	Outcome Components
PEH.11.RIS.H1.C2	Demonstrate control when performing a combination and sequence of muscle and joint movement in the squat.

- PEH.11.RIS.H1.C3 Demonstrate control when performing a combination and sequence of muscle and joint movement in the dead lift.
- PEH.11.RIS.H1.C4 Demonstrate control when performing a combination and sequence of muscle and joint movement in the auxiliary lifts.

20.B.5b Evaluate the effects of fitness choices and heredity on wellness.

Comp. Code	Outcome Components
PEH.11.RIS.H1.C2	Demonstrate control when performing a combination and sequence of muscle and joint movement in the squat.
PEH.11.RIS.H1.C3	Demonstrate control when performing a combination and sequence of muscle and joint movement in the dead lift.
PEH.11.RIS.H1.C4	Demonstrate control when performing a combination and sequence of muscle and joint movement in the auxiliary lifts.

Goal 20C

20.C.2a Set a personal health-related fitness goal.

Comp. Code	Outcome Components
PEH.04.PE.H2.C3	Describe those activities that are considered to be lifetime activities.
PEH.05.PE.H2.C3	Describe those activities that are considered to be lifetime activities.

20.C.2b Demonstrate the relationship between movement and health-related fitness components (e.g., running/cardiorespiratory, tug-of-war/strength).

Comp. Code	Outcome Components
PEH.04.PE.H2.C3	Describe those activities that are considered to be lifetime activities.
PEH.05.PE.H2.C3	Describe those activities that are considered to be lifetime activities.

20.C.3a Set realistic short-term and long-term goals for a health-related fitness component.

Comp. Code	Outcome Components
PEH.06.PE.H2.C4	Analyze personal fitness testing scores to identify areas of improvement.
PEH.07.PE.H2.C4	Analyze personal fitness testing scores to identify areas of improvement.

PEH.08.PE.H2.C4 Analyze personal fitness testing scores to identify areas of improvement.

20.C.3c Apply the principles of training to the health-related fitness goals.

Comp. Code	Outcome Components
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PEH.06.PE.H2.C2 Compare heart rate level to suggested heart rate levels during activity.

PEH.07.PE.H2.C2 Compare heart rate level to suggested heart rate levels during activity.

PEH.08.PE.H2.C2 Compare heart rate level to suggested heart rate levels during activity.

20.C.5a Set realistic, long-term, health-related fitness goals based on an individual profile.

Comp. Code	Outcome Components
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PEH.10.WK.H1.C1 Develop personal goal(s) and a plan to achieve their goal(s).

PEH.11.RIS.H1.C2 Demonstrate control when performing a combination and sequence of muscle and joint movement in the squat.

PEH.11.RIS.H1.C3 Demonstrate control when performing a combination and sequence of muscle and joint movement in the dead lift.

PEH.11.RIS.H1.C4 Demonstrate control when performing a combination and sequence of muscle and joint movement in the auxiliary lifts.

20.C.5c Use profile data to monitor an individual wellness/fitness plan.

Comp. Code	Outcome Components
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PEH.11.RIS.H2.C1 Model the proper technique for each of the three core lifts for the instructor.

PEH.11.RIS.H2.C2 Model proper lifting technique for one another.

PEH.11.RIS.H2.C3 Perform self-correcting methods through peer guidance.

PEH.11.RIS.H4.C1 List fitness goals for this class, including core lift improvement.

PEH.11.RIS.H4.C2 Perform 8 to 10 rep maximum lifts in the three core areas (bench, squat, and deadlift).

PEH.11.RIS.H4.C3 Perform prescribed programs of lifting according to workout cycle.

PEH.11.RIS.H4.C4 Perform 8 to 10 reps maximum lifts in the three core areas to assess progress at the conclusion of the semester. (Core index number will be determined and improvement noted.)

State Goal 21

Goal 21A

21.A.1a Follow directions and class procedures while participating in physical activities.

Comp. Code	Outcome Components
PEH.00.PE.H1.C1	Follow simple directions and rules when first directed for all activities.
PEH.00.PE.H3.C1	Demonstrate the ability to react to both verbal and non-verbal cues.
PEH.01.PE.H1.C1	Follow simple directions and rules when first directed for all activities.
PEH.01.PE.H3.C1	Demonstrate the ability to react to both verbal and non-verbal cues.
PEH.02.PE.H3.C1	Demonstrate a willingness to work with other students toward a common goal.
PEH.02.PE.H3.C2	Accept responsibility for own class participation.
PEH.03.PE.H3.C1	Demonstrate a willingness to work with other students toward a common goal.
PEH.03.PE.H3.C2	Accept responsibility for own class participation.

21.A.1b Use identified procedures and safe practices with little or no reinforcement during group physical activities.

Comp. Code	Outcome Components
PEH.00.PE.H1.C2	Demonstrate an ability to perform safely using spatial awareness within the environment.
PEH.01.PE.H1.C2	Demonstrate an ability to perform safely using spatial awareness within the environment.

21.A.1c Work independently on tasks for short periods of time.

Comp. Code	Outcome Components
PEH.00.PE.H3.C2	Work cooperatively with other students regardless of personal differences.

PEH.01.PE.H3.C2 Work cooperatively with other students regardless of personal differences.

21.A.2a Accept responsibility for their own actions in group physical activities.

Comp. Code	Outcome Components
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PEH.02.PE.H3.C1 Demonstrate a willingness to work with other students toward a common goal.

PEH.02.PE.H3.C2 Accept responsibility for own class participation.

PEH.03.PE.H3.C1 Demonstrate a willingness to work with other students toward a common goal.

PEH.03.PE.H3.C2 Accept responsibility for own class participation.

PEH.04.PE.H3.C3 Distinguish between compliance and noncompliance with game rules and fair play.

PEH.05.PE.H3.C3 Distinguish between compliance and noncompliance with game rules and fair play.

21.A.2b Use identified procedures and safe practices without reminders during group physical activities.

Comp. Code	Outcome Components
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PEH.02.PE.H3.C3 Demonstrate an understanding of rules, regulations, and safety practices.

PEH.03.PE.H3.C3 Demonstrate an understanding of rules, regulations, and safety practices.

21.A.2c Work independently on task until completed.

Comp. Code	Outcome Components
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PEH.04.PE.H3.C2 Follow rules and safe practices in all class activities without being reminded.

PEH.05.PE.H3.C2 Follow rules and safe practices in all class activities without being reminded.

21.A.3a Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders).

Comp. Code	Outcome Components
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PEH.06.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.

- PEH.06.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.06.PE.H3.C3 Respect equipment through proper care for and use of equipment.
- PEH.06.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.06.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.
- PEH.07.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- PEH.07.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.07.PE.H3.C3 Respect equipment through proper care for and use of equipment.
- PEH.07.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.07.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.
- PEH.08.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- PEH.08.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.08.PE.H3.C3 Respect equipment through proper care for and use of equipment.
- PEH.08.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.08.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

21.A.3b Participate in establishing procedures for group physical activities.

Comp. Code	Outcome Components
PEH.06.PE.H3.C1	Show responsibility in preparing for class by having a uniform, shoes, and lock.
PEH.06.PE.H3.C2	Demonstrate sportsmanship by working collaboratively with teammates during game play.

- PEH.06.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.06.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.
- PEH.07.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- PEH.07.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.07.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.07.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.
- PEH.08.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- PEH.08.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.08.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.08.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

21.A.3c Remain on task independent of distraction (e.g., peer pressure, environmental stressors).

Comp. Code	Outcome Components
PEH.06.PE.H3.C1	Show responsibility in preparing for class by having a uniform, shoes, and lock.
PEH.06.PE.H3.C2	Demonstrate sportsmanship by working collaboratively with teammates during game play.
PEH.06.PE.H3.C4	Demonstrate a positive competitive attitude in all game play situations.
PEH.06.PE.H3.C5	Demonstrate teamwork through acceptable interpersonal communication skills with others.
PEH.07.PE.H3.C1	Show responsibility in preparing for class by having a uniform, shoes, and lock.

- PEH.07.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.07.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.07.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.
- PEH.08.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- PEH.08.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.08.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.08.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

21.A.4a Demonstrate decision-making skills both independently and with others during physical activities.

Comp. Code	Outcome Components
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PEH.09.HL1.H4.C1 Analyze why young people start smoking.

21.A.4b Apply identified procedures and safe practices to all group physical activity settings.

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C8 Define the communication skills and refusal skills to the building of self-esteem.

PEH.09.PE.H4.C3 Demonstrate all other classroom safety procedures.

PEH.10.WK.H2.C5 Demonstrate understanding of equipment safety.

21.A.4c Complete a given task on time.

Comp. Code	Outcome Components
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PEH.10.WK.H2.C4 Demonstrate the ability to work independently with consistent effort.

PEH.10.WK.H2.C6 Demonstrate respect for others by arriving on time.

21.A.5 Demonstrate individual responsibility through use of various team-building strategies in physical activity settings (e.g., etiquette, fair play, self-officiating, coaching, organizing a group activity).

Comp. Code	Outcome Components
PEH.09.PE.H4.C2	Apply proper safety habits during classroom participation.
PEH.10.WK.H2.C3	Demonstrate positive attitude by encouraging and cooperating with others.
PEH.10.WK.H2.C7	Incorporate good communication skills with teacher and other students.
PEH.11.RIS.H2.C1	Model the proper technique for each of the three core lifts for the instructor.
PEH.11.RIS.H2.C2	Model proper lifting technique for one another.
PEH.11.RIS.H2.C3	Perform self-correcting methods through peer guidance.
PEH.11.RIS.H3.C1	Use proper safety equipment.
PEH.11.RIS.H3.C2	Perform the proper spotting technique.
PEH.11.RIS.H3.C3	Model proper lifting techniques through assigned modified activities.
PEH.11.RIS.H3.C4	Demonstrate all other classroom safety procedures.

Goal 21B

21.B.1 Work cooperatively with another to accomplish an assigned task.

Comp. Code	Outcome Components
PEH.00.PE.H3.C2	Work cooperatively with other students regardless of personal differences.
PEH.01.PE.H3.C2	Work cooperatively with other students regardless of personal differences.
PEH.02.PE.H3.C1	Demonstrate a willingness to work with other students toward a common goal.
PEH.02.PE.H3.C2	Accept responsibility for own class participation.
PEH.03.PE.H3.C1	Demonstrate a willingness to work with other students toward a common goal.

PEH.03.PE.H3.C2 Accept responsibility for own class participation.

21.B.2 Work cooperatively with a partner or small group to reach a shared goal during physical activity.

Comp. Code	Outcome Components
PEH.02.PE.H3.C1	Demonstrate a willingness to work with other students toward a common goal.
PEH.02.PE.H3.C2	Accept responsibility for own class participation.
PEH.03.PE.H3.C1	Demonstrate a willingness to work with other students toward a common goal.
PEH.03.PE.H3.C2	Accept responsibility for own class participation.
PEH.04.PE.H3.C1	Work cooperatively with others to obtain a common goal.
PEH.05.PE.H3.C1	Work cooperatively with others to obtain a common goal.

21.B.3 Work cooperatively with others to accomplish a set goal in both competitive and non-competitive situations (e.g., baseball, choreograph-ing a dance).

Comp. Code	Outcome Components
PEH.06.PE.H3.C1	Show responsibility in preparing for class by having a uniform, shoes, and lock.
PEH.06.PE.H3.C2	Demonstrate sportsmanship by working collaboratively with teammates during game play.
PEH.06.PE.H3.C4	Demonstrate a positive competitive attitude in all game play situations.
PEH.06.PE.H3.C5	Demonstrate teamwork through acceptable interpersonal communication skills with others.
PEH.07.PE.H3.C1	Show responsibility in preparing for class by having a uniform, shoes, and lock.
PEH.07.PE.H3.C2	Demonstrate sportsmanship by working collaboratively with teammates during game play.
PEH.07.PE.H3.C4	Demonstrate a positive competitive attitude in all game play situations.
PEH.07.PE.H3.C5	Demonstrate teamwork through acceptable interpersonal communication skills with others.

- PEH.08.PE.H3.C1 Show responsibility in preparing for class by having a uniform, shoes, and lock.
- PEH.08.PE.H3.C2 Demonstrate sportsmanship by working collaboratively with teammates during game play.
- PEH.08.PE.H3.C4 Demonstrate a positive competitive attitude in all game play situations.
- PEH.08.PE.H3.C5 Demonstrate teamwork through acceptable interpersonal communication skills with others.

21.B.4 Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering).

Comp. Code	Outcome Components
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- PEH.10.WK.H2.C1 Demonstrate personal responsibility.
- PEH.10.WK.H2.C2 Demonstrate initiative in performing and participating in class activities.
- PEH.10.WK.H2.C3 Demonstrate positive attitude by encouraging and cooperating with others.

21.B.5 Demonstrate when to lead and when to be supportive to accomplish group goals.

Comp. Code	Outcome Components
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- PEH.10.WK.H2.C2 Demonstrate initiative in performing and participating in class activities.
- PEH.10.WK.H2.C8 Model good citizenship which includes non-discrimination of others.
- PEH.11.RIS.H2.C1 Model the proper technique for each of the three core lifts for the instructor.
- PEH.11.RIS.H2.C2 Model proper lifting technique for one another.
- PEH.11.RIS.H2.C3 Perform self-correcting methods through peer guidance.

State Goal 22

Goal 22A

22.A.2c Describe and compare health and safety methods that reduce the risks associated with dangerous situations (e.g., wearing seat belts and helmets, using sunscreen).

Comp. Code	Outcome Components
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PEH.02.PE.H2.C3	Demonstrate the ability to recognize the negative affects of drugs, tobacco, and alcohol.
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PEH.03.PE.H2.C3	Demonstrate the ability to recognize the negative affects of drugs, tobacco, and alcohol.
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22.A.3a Identify and describe ways to reduce health risks common to adolescents (e.g., exercise, diet, refusal of harmful substances).

Comp. Code	Outcome Components
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PEH.08.HL.H1.C3	List proactive lifestyle choices that can reduce the chances of obtaining non-communicable diseases.
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PEH.08.HL.H1.C4	Identify treatments for communicable and non-communicable diseases.
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22.A.4a Compare and contrast communicable, chronic and degenerative illnesses (e.g., influenza, cancer, arthritis).

Comp. Code	Outcome Components
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PEH.08.HL.H1.C1	Identify, define and categorize communicable and non-communicable diseases
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PEH.08.HL.H1.C2	Determine ways to protect against obtaining and transmitting diseases.
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PEH.09.HL1.H1.C6	List the major health risk factors.
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PEH.09.HL1.H3.C4	Differentiate which causes of death are communicable and non-communicable.
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PEH.09.HL1.H7.C7	Define various STD's.
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PEH.10.HL2.H2.C2	Define HIV.
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PEH.10.HL2.H6.C1	Chart sudden illnesses and the appropriate care for those patients.
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PEH.10.HL2.H6.C9 Define heart emergencies and recognize the signs and symptoms of heart attacks.

22.A.4b

Analyze possible outcomes of effective health promotion and illness prevention (e.g., reduction in stress, improved fitness, lessened likelihood of injury and illness).

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C1 Define health using the 3 elements of health.

PEH.09.HL1.H1.C2 Describe how the health continuum pertains to oneself.

PEH.09.HL1.H1.C9 Identify basic stress-management skills.

PEH.09.HL1.H7.C8 Compare and contrast various contraceptives.

PEH.10.HL2.H3.C1 Identify and define the kinds of stressors.

PEH.10.HL2.H3.C5 Analyze stress management skills.

PEH.10.HL2.H6.C1 Explain the benefits of first aid.

22.A.4c

Demonstrate basic procedures in injury prevention and emergency care that can be used in the home, workplace, and community (e.g., first aid, CPR).

Comp. Code	Outcome Components
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PEH.10.HL2.H4.C1 Define the Heimlich maneuver and use decision-making strategies to determine when to use it.

PEH.10.HL2.H4.C1 Demonstrate how to do CPR on an adult model.

PEH.10.HL2.H4.C2 Apply Heimlich skills to the child and adult models.

PEH.10.HL2.H4.C3 Define the unconscious choking maneuver and when to use it.

PEH.10.HL2.H4.C4 Demonstrate how to do unconscious choking maneuver on infant models.

PEH.10.HL2.H4.C5 Demonstrate how to do unconscious choking maneuver on child models.

PEH.10.HL2.H4.C6 Demonstrate how to do unconscious choking maneuver on adult models.

PEH.10.HL2.H4.C7 Define CPR and when to use decision-making strategies to determine when to use it.

- PEH.10.HL2.H4.C8 Demonstrate how to do CPR on an infant model.
- PEH.10.HL2.H4.C9 Demonstrate how to do CPR on an child model.
- PEH.10.HL2.H6.C1 Explain the benefits of first aid.
- PEH.10.HL2.H6.C1 Chart sudden illnesses and the appropriate care for those patients.
- PEH.10.HL2.H6.C1 Chart the 4 types of poisoning and the appropriate care for those patients.
- PEH.10.HL2.H6.C1 Demonstrate splinting techniques for various muscle and bone injuries.
- PEH.10.HL2.H6.C1 Chart the different types of heat emergencies and recognize the different ways to care for those patients.
- PEH.10.HL2.H6.C1 Chart the different types of cold emergencies and recognize the different ways to care for those patients.
- PEH.10.HL2.H6.C2 Explain each part of the chain of survival.
- PEH.10.HL2.H6.C3 Identify the 3 C's of emergency care.
- PEH.10.HL2.H6.C4 Apply knowledge of the leading causes of death and determine the appropriate first aid response.
- PEH.10.HL2.H6.C5 Demonstrate the 3 ways to control bleeding.
- PEH.10.HL2.H6.C6 Demonstrate bandaging techniques for various types bleeding of situations.
- PEH.10.HL2.H6.C7 Demonstrate the variety of ways to safely carry an injured person.
- PEH.10.HL2.H6.C8 Define shock and recognize the signs and symtoms of shock.
- PEH.10.HL2.H6.C9 Define heart emergencies and recognize the signs and symptoms of heart attacks.

22.A.4d

Research and report about a career involved in health promotion, health care and injury prevention.

Comp. Code	Outcome Components
PEH.09.HL1.H1.C4	Analyze a variety of health information from many sources and recognize reliable sources of help.

22.A.5a Explain strategies for managing contagious, chronic and degenerative illnesses (e.g., various treatment and support systems).

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C7 Relate protective to the appropriate risk factors.

22.A.5b Evaluate the effectiveness of health promotion and illness prevention methods using data from actual situations (e.g., impact of worksite health promotion programs).

Comp. Code	Outcome Components
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PEH.09.HL1.H3.C1 Identify the leading causes of death based on the most recent statistics from the CDC.

PEH.09.HL1.H3.C2 Analyze the leading causes of death for gender and age specific groups.

PEH.09.HL1.H3.C3 Define each cause of death.

PEH.09.HL1.H5.C2 Identify myths about alcohol and teens.

PEH.09.HL1.H6.C1 Examine trends in teen drug use.

PEH.09.HL1.H6.C2 Analyze why people begin using drugs.

22.A.5c Explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite safety management).

Comp. Code	Outcome Components
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PEH.09.HL1.H5.C5 Explain the effects of advertising and alcohol abuse.

PEH.10.HL2.H5.C1 Define the AED and to use decision-making strategies to determine when to use it.

PEH.10.HL2.H5.C2 Identify key components of the AED machines.

PEH.10.HL2.H5.C3 Demonstrate how to use the AED machine on the child model.

PEH.10.HL2.H5.C4 Demonstrate how to use 2 types of an AED machine on the adult models.

Goal 22B

22.B.3 Describe how the individual influences the health and well-being of the workplace and the community (e.g., volunteerism, disaster preparedness, proper care to prevent the spread of illness).

Comp. Code	Outcome Components
PEH.08.HL.H1.C3	List proactive lifestyle choices that can reduce the chances of obtaining non-communicable diseases.

22.B.4 Explain social and economic effects of health problems on individuals and society (e.g., cost of health care, reduction in productivity).

Comp. Code	Outcome Components
PEH.09.HL1.H1.C5	Name influences on your health and correlate to one's own health.
PEH.09.HL1.H5.C3	Analyze the reasons why young people use alcohol.
PEH.09.HL1.H5.C9	Evaluate the costs to society of abusing alcohol.
PEH.09.HL1.H6.C4	Critique the costs of substance abuse.
PEH.09.HL1.H7.C4	Critique decisions about sexual activity.
PEH.10.HL2.H2.C4	Show how HIV is transmitted.
PEH.10.HL2.H2.C5	Examine how HIV progresses to AIDS.
PEH.10.HL2.H2.C6	Analyze the consequences of HIV and AIDS.

22.B.5 Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).

Comp. Code	Outcome Components
PEH.09.HL1.H2.C6	Analyze the dietary guidelines for Americans using the food guide pyramid.
PEH.09.HL1.H2.C7	Analyze their diet as it relates to the food guide pyramid.
PEH.09.HL1.H3.C5	Describe methods to reduce your chances of early death.

Goal 22C

22.C.4 Analyze how environmental conditions can affect health on a large scale (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion).

Comp. Code	Outcome Components
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PEH.09.HL1.H4.C5 Identify the effects of smoke on the nonsmoker.

22.C.5 Compare and contrast how individuals, communities and states prevent and correct health-threatening environmental problems (e.g., recycling, banning leaf burning, restaurant inspections, OSHA standards in the workplace).

Comp. Code	Outcome Components
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PEH.09.HL1.H4.C7 Recognize the move towards a smoke-free society.

PEH.09.HL1.H7.C9 Analyze the reasons for and the benefits of the "Safe Haven" law.

State Goal 23

Goal 23A

- 23.A.3 Explain how body systems interact with each other (e.g., blood transporting nutrients from the digestive system and oxygen from the respiratory system).

Comp. Code	Outcome Components
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PEH.08.HL.H2.C1 Demonstrate the understanding of the body systems and their functions.

PEH.08.HL.H2.C2 Categorize different parts of the body and their body system.

- 23.A.4 Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety).

Comp. Code	Outcome Components
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PEH.10.HL2.H1.C2 Define the basic components of physical fitness.

PEH.10.HL2.H2.C1 Identify how the immune system works.

PEH.10.HL2.H2.C3 Dissect how HIV attacks your immune system.

Goal 23B

- 23.B.3 Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use and other drug use).

Comp. Code	Outcome Components
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PEH.08.HL.H1.C2 Determine ways to protect against obtaining and transmitting diseases.

PEH.08.HL.H1.C3 List proactive lifestyle choices that can reduce the chances of obtaining non-communicable diseases.

PEH.08.HL.H2.C3 List effects of a sedentary lifestyle on the body systems.

PEH.08.HL.H2.C4 Determine the effects of nutrition on the body systems.

- 23.B.4 Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health).

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C3 List the lifestyle factors that increase a person's overall health.

- PEH.09.HL1.H2.C1 Identify the various influences on one's diet.
- PEH.09.HL1.H2.C2 Define the macronutrients.
- PEH.09.HL1.H2.C4 Define the micronutrients.
- PEH.09.HL1.H5.C3 Analyze the reasons why young people use alcohol.
- PEH.09.HL1.H5.C6 Identify the short-term effects of drinking on your body.
- PEH.09.HL1.H5.C7 Define alcoholism.
- PEH.09.HL1.H5.C8 Identify the stages of alcoholism.
- PEH.09.HL1.H6.C3 Identify the dangers of substance abuse.
- PEH.09.HL1.H6.C5 Define and describe the effects of various types of psychoactive drugs including stimulants, depressants, narcotics, and hallucinogens.
- PEH.09.HL1.H6.C6 Define and describe marijuana, inhalants, and designer drugs.
- PEH.10.HL2.H1.C1 Identify the benefits of physical fitness.
- PEH.10.HL2.H1.C3 Analyze ways to improve your physical fitness.
- PEH.10.HL2.H1.C5 Identify the basics of an exercise program.
- PEH.10.HL2.H1.C8 Analyze the importance of lifetime physical fitness.
- PEH.10.HL2.H3.C2 Analyze the bodies stress response.
- PEH.10.HL2.H3.C3 Define the kinds of fatigue.

23.B.5

Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).

Comp. Code	Outcome Components
PEH.09.HL1.H1.C5	Name influences on your health and correlate to one's own health.
PEH.09.HL1.H4.C1	Analyze why young people start smoking.
PEH.09.HL1.H4.C2	Analyze a cigarette's content.

PEH.09.HL1.H4.C3 Identify other forms of tobacco that people use.

PEH.09.HL1.H4.C4 Identify the effects of tobacco use.

Goal 23C

23.C.4 Describe changes in physical health and body functions at various stages of the life cycle.

Comp. Code	Outcome Components
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PEH.09.HL1.H7.C1 Define adolescence.

PEH.09.HL1.H7.C2 Interpret physical and mental changes during puberty.

PEH.09.HL1.H7.C3 Identify and diagram the male and female reproductive systems.

State Goal 24

Goal 24A

- 24.A.4a Describe the effects (e.g., economic losses, threats to personal safety) of conflict and violence upon the health of individuals, families and communities.

Comp. Code	Outcome Components
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PEH.10.HL2.H3.C1 Identify and define the kinds of stressors.

- 24.A.4b Formulate strategies to prevent conflict and resolve differences.

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C8 Define the communication skills and refusal skills to the building of self-esteem.

- 24.A.5 Compare and contrast strategies to prevent conflict and resolve differences.

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C9 Identify basic stress-management skills.

Goal 24B

- 24.B.4 Explain how decision making affects the achievement of individual health goals.

Comp. Code	Outcome Components
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PEH.09.HL1.H1.C1 Set goals using the decision making model.

PEH.09.HL1.H6.C7 Analyze strategies for preventing substance abuse.

PEH.09.HL1.H7.C5 Analyze making the choice for abstinence.

PEH.10.HL2.H1.C4 Apply personal fitness goals.

- 24.B.5 Explain immediate and long-term impacts of health decisions to the individual, family and community.

Comp. Code	Outcome Components
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PEH.09.HL1.H4.C5 Identify the effects of smoke on the nonsmoker.

PEH.09.HL1.H4.C6 Define the strategies for quitting smoking.

PEH.09.HL1.H5.C3 Analyze the reasons why young people use alcohol.

PEH.09.HL1.H7.C6 Identify consequences of sexual activity.

Goal 24C

24.C.4 Formulate a plan to achieve individual health goals.

Comp. Code	Outcome Components
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PEH.09.HL1.H2.C3 Analyze the importance of macronutrients in your diet.

PEH.09.HL1.H2.C5 Analyze the importance of micronutrients in your diet.

