## **Maine Learning Results: Health Education and Physical Education Standards**

## **Health Education Standards**

Strand	Health Education
Standard HE 1 - Health Concepts	
Standard HE 2 - Health Information, Products, and Services	
Standard HE 3 - Health Promotion and Risk Reduction	
Standard HE 4 - Influences on Health	
Standard HE 5 - Communication and Advocacy Skills	
Standard HE 6 - Decision-Making and Goal-Setting Skills	

Standard HE 1	Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.			
	Childhood			
Performance Expectations	Kindergarten	Grade 1	Grade 2	
1.1 Health Concepts,	Students name basic healthy behaviors,	Students name basic health terms and	Students recognize healthy behaviors	
Behaviors and Personal	including nutrition; personal health; and	behaviors, including healthy	Including healthy relationships;	
Health	safety and injury prevention.	relationships; nutrition; personal health;	nutrition; personal health; and safety	
		and safety and injury prevention.	and injury prevention.	
1.2 Dimensions of Health	Students name the dimensions of health	Students identify dimensions of health	Students recognize the multiple	
	including physical and social health.	including physical, mental, social,	dimensions of health including	
		emotional and health.	physical, mental, social, and	
			emotional.	
1.3 Health Conditions	Students list prevention strategies for	Students identify the transmission and	Students describe the transmission	
	common childhood communicable	prevention of common childhood	and prevention of common childhood	
	diseases.	communicable diseases.	communicable diseases.	

1.4 Environment and	Students list qualities of a safe and	Students identify ways a safe and	Students describe ways a safe and
Personal Health	healthy school environment.	healthy school environment can	healthy school environment can
		promote personal health.	promote personal health.
1.5 Growth and	Students name personal and public body	Students label personal and public	Students recognize that the body
Development	parts.	body parts.	changes throughout the lifespan.
Performance Expectations	Grade 3	Grade 4	Grade 5
1.1 Health Concepts,	Students describe how healthy behaviors	Students describe how healthy and	Students predict how healthy and
Behaviors and Personal	impact personal health, including healthy	unhealthy behaviors impact personal	unhealthy behaviors affect personal
Health	relationships; nutrition; safety and injury	health, including healthy relationships;	health, including healthy relationships;
	prevention; and substance use	nutrition; safety and injury prevention;	nutrition; safety and injury prevention;
	prevention.	and substance use prevention.	and substance use prevention.
1.2 Dimensions of Health	Students recall the dimensions of health	Students define the dimensions of	Students explain the dimensions of
	including physical, mental, social, and	health including physical, mental,	health including physical, mental,
	emotional.	social, and emotional.	social, and emotional.
1.3 Health Conditions	Students identify ways to prevent and	Students identify ways to prevent,	Students describe ways to prevent,
	detect common childhood health	detect, treat, and/or manage common	detect, treat, and/or manage common
	conditions.	childhood health conditions.	childhood health conditions.
1.4 Environment and	Students explain ways a safe and	Students explain ways a safe and	Students identify current health issues
Personal Health	healthy environment can promote	healthy environment can positively and	that relate to one's environment and
	personal health.	negatively impact personal health.	the impact on personal health.
1.5 Growth and	Students recognize that bodies change	Students explore ways their bodies	Students describe how their bodies
Development	at different rates.	grow, change, and develop through	grow, change, and develop physically,
		adolescence.	mentally, socially, and emotionally
			through adolescence.
Standard HE 2	Health Information, Products, and Servi	ces: Health literate students can demo	nstrate the ability to access reliable
	health information, services, and produ		
		Childhood	
Performance Expectations	Kindergarten	Grade 1	Grade 2
2.1 Reliability of Resources	Students label trusted adults and	Students identify trusted adults and	Students describe the characteristics of
	professionals who can help promote	professionals who can help promote	trusted adults and professionals who
	health.	health.	can help promote health.
2.2 Locating Health	Students identify school and	Students identify the locations of school	Students describe ways to locate school
Resources	community health helpers.	and community health helpers.	and community health helpers.

Performance Expectations	Grade 3	Grade 4	Grade 5
2.1 Reliability of Resources	Students identify characteristics of	Students describe characteristics of	Students compare and contrast
	reliable health information, products,	reliable health information, products,	characteristics of reliable health
	and trusted adults.	and trusted adults.	information, products, and trusted
			adults.
2.2 Locating Health	Students identify resources from home,	Students explore resources from home,	Students locate resources from home,
Resources	school, and the community that provide	school, and the community that provide	school, and the community that provide
	reliable health information.	reliable health information.	reliable health information.
Standard HE 3	<b>Health Promotion and Risk Reduction:</b>	Health literate students demonstrate the	ne ability to practice health-enhancing
	behaviors and avoid or reduce health r	isks for self and others.	
	Childhood		
Performance Expectations	Kindergarten	Grade 1	Grade 2
3.1 Health-Enhancing	Students name health-enhancing	Students describe health-enhancing	Students apply health-enhancing
Behaviors and Self-	behaviors to improve personal health	behaviors to improve personal health	behaviors to improve personal health
Management	including self-management skills.	including self-management skills.	including self-management skills.
3.2 Avoiding/Reducing	Students name behaviors to help avoid	Students recognize behaviors to help	Students explain behaviors to help
Health Risks	or reduce personal health risks.	avoid or reduce personal health risks.	avoid or reduce personal health risks.
Performance Expectations	Grade 3	Grade 4	Grade 5
3.1 Health-Enhancing	Students examine health-enhancing	Students explain health-enhancing	Students demonstrate health-
Behaviors and Self-	behaviors to improve or maintain	behaviors to improve or maintain	enhancing behaviors to improve or
Management	personal health including self-	personal health including self-	maintain personal health including self-
	management skills.	management skills.	management skills.
3.2 Avoiding/Reducing	Students examine a variety of behaviors	Students explain a variety of behaviors	Students demonstrate a variety of
Health Risks	to help avoid or reduce personal health	to help avoid or reduce personal health	behaviors to help avoid or reduce
	risks to self and others.	risks to self and others.	health risks to self and others.
Standard HE 4		udents analyze the influences of family,	peers, culture, media, technology and
	other factors on health practices and b		
	Childhood		
Performance Expectations	Kindergarten	Grade 1	Grade 2
4.1 Influences on Health	Students recognize people who	Students name people who influence	Students identify multiple influences on
Behaviors	influence their health behaviors.	their health behaviors.	personal health behaviors including
			peers, family, and media.
4.2 Effects of Health	Students recognize factors that influence	Students identify factors that influence	Students describe factors that influence
Behaviors	health behaviors.	health behaviors.	health behaviors.

Performance Expectations	Grade 3	Grade 4	Grade 5
4.1 Influences on Health	Students identify how a variety of factors	Students explore how a variety of	Students describe how a variety of
Behaviors	influence personal health behaviors	factors influence personal health	factors influence personal health
	including peers, family, school,	behaviors including peers, family,	behaviors including peers, family,
	community, media, and technology.	community, culture, media, technology,	community, culture, media, technology,
		and social platforms.	and social platforms.
4.2 Effects of Health	Students list health behaviors that could	Students identify how health behaviors	Students describe how health
Behaviors	influence future behaviors.	could influence future behaviors.	behaviors could influence future
			behaviors.
Standard HE 5		lealth literate students demonstrate the	•
	communication and advocacy skills to	enhance personal, family, and communi	ty health.
		Childhood	
Performance Expectations	Kindergarten	Grade 1	Grade 2
5.1 Interpersonal	Students name healthy and unhealthy	Students demonstrate healthy ways to	Students describe verbal and non-
Communication Skills	ways to communicate.	communicate.	verbal ways to communicate.
5.2 Advocacy Skills	Students name healthy ways to express	Students recognize ways to ask for help	Students demonstrate ways to promote
	their needs, wants, and feelings.	to promote health for self and others.	health for self and/or others.
		2	2
Performance Expectations	Grade 3	Grade 4	Grade 5
Performance Expectations 5.1 Interpersonal	Grade 3 Students demonstrate effective	Grade 4 Students demonstrate effective	Grade 5 Students demonstrate effective
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5.1 Interpersonal	Students demonstrate effective	Students demonstrate effective	Students demonstrate effective
5.1 Interpersonal	Students demonstrate effective communication skills to enhance	Students demonstrate effective communication skills to enhance	Students demonstrate effective communication skills to enhance
5.1 Interpersonal	Students demonstrate effective communication skills to enhance personal health including written, face-	Students demonstrate effective communication skills to enhance personal and family health including	Students demonstrate effective communication skills to enhance personal, family, and community health
5.1 Interpersonal	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe
5.1 Interpersonal Communication Skills	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.
5.1 Interpersonal Communication Skills	Students demonstrate effective communication skills to enhance personal health including written, faceto-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.  Decision-Making and Goal-Setting Skills	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills  Standard HE 6	Students demonstrate effective communication skills to enhance personal health including written, faceto-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.  Decision-Making and Goal-Setting Skills	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills  Standard HE 6  Performance Expectations	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.  Decision-Making and Goal-Setting Skills goals to enhance health.  Kindergarten	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.  S: Health literate students demonstrate  Childhood  Grade 1	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.  the ability to make decisions and set  Grade 2
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills  Standard HE 6	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.  Decision-Making and Goal-Setting Skills goals to enhance health.	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.  S: Health literate students demonstrate  Childhood	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.  the ability to make decisions and set  Grade 2  Students identify health situations
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills  Standard HE 6  Performance Expectations	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.  Decision-Making and Goal-Setting Skills goals to enhance health.  Kindergarten	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.  S: Health literate students demonstrate  Childhood  Grade 1	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.  the ability to make decisions and set  Grade 2  Students identify health situations where decisions can appropriately be
5.1 Interpersonal Communication Skills  5.2 Advocacy Skills  Standard HE 6  Performance Expectations	Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.  Students explore ways to promote health for self, others, and school.  Decision-Making and Goal-Setting Skills goals to enhance health.  Kindergarten  Students name health situations where a	Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.  Students demonstrate ways to promote health for self, others, and school.  S: Health literate students demonstrate  Childhood  Grade 1  Students identify health situations	Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.  Students demonstrate ways to share informed opinions to promote health for self and others.  the ability to make decisions and set  Grade 2  Students identify health situations

6.2 Goal-Setting Skills	Students identify what health goals are.	Students explore when health goals are	Students identify resources to help
		useful.	achieve a personal health goal.
Performance Expectations	Grade 3	Grade 4	Grade 5
6.1 Decision-Making Skills	Students identify a decision-making	Students describe when to use a	Students apply a decision-making
	process to enhance health.	decision-making process to enhance	process to enhance health.
		health.	
6.2 Goal-Setting Skills	Students identify the goal-setting process	Students describe when to use a goal-	Students practice the goal-setting
	to enhance health.	setting process to enhance health.	process to achieve a personal health
			goal.