

## What is it we expect students to learn? Identifying Essential Standards

**Grade Level:**     Freshman    

**Subject:**     Health    

**Team Members:**     Coach Hageman    

1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?
<p>Comprehend concepts related to health promotion and disease prevention</p> <p>ME 1B 9-12</p>	<p>Understand relationship between mental, social, and physical health and how personal behavior affects overall health. Discuss public health policies, medical advances, and prevention strategies that affect our health.</p>	<p>Eighth grade Exploratory Health class</p>	<p>Unit Test</p>	<p>August</p>
<p>Access valid health information and health promoting products and services</p> <p>ME 3B 9-12</p>	<p>Evaluate the validity of health information in the different media products and services including websites. Analyze the cost of health care services.</p>	<p>Eighth grade Exploratory Health class</p>	<p>Unit Test</p>	<p>September</p>
<p>Ability to practice health-enhancing behaviors and reduce health risks</p> <p>ME 4A 9-12</p>	<p>Analyze the short term and long term consequences of risky or harmful behaviors. Evaluate strategies to manage stress.</p>	<p>Eighth grade Exploratory Health class</p>	<p>Unit Test</p>	<p>September/October</p>
<p>Analyze the influence of culture, media, technology, and other factors on health</p> <p>ME 3A 9-12</p>	<p>Evaluate the effect of media and other factors on personal, family, and community health.</p>	<p>Eighth grade Exploratory Health class</p>	<p>Unit Test</p>	<p>October</p>
<p>Demonstrate the ability to use goal setting and decision-making skills to enhance health.</p> <p>ME 4A 9-12</p>	<p>Demonstrate refusal and negotiation skills to avoid potentially harmful situations. Use strategies to prevent conflict</p>	<p>Eighth grade Exploratory Health class</p>	<p>Unit Test</p>	<p>October/ November</p>

Demonstrate the ability to be an advocate for personal, family, and community health. RA 4B 9-12	Demonstrate the ability to influence and support others in making positive health choices.	Eighth grade Exploratory Health class	Unit Test	November/ December

1. Standard: What is the essential standard to be learned? Describe in student-friendly vocabulary.
2. Example/Rigor: What does proficient student work look like? Provide an example and/or description.
3. Prior Skills Needed: What prior knowledge, skills, and/or vocabulary is needed for a student to master this standard?
4. Common Assessment: What assessment(s) will be used to measure student mastery?
6. When will this standard be taught?
6. Enrichment: What supplementary standards/skills enrich the essential standard?

Mattos, Buffum, Weber, 2010