

M.S.A.D. #52 - Health Education Curriculum
Grades K-2
Health Concepts

A. Students comprehend concepts related to health promotion and disease prevention to enhance health.

Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
A1. <u>Healthy Behaviors and Personal Health</u> – Students recognize that healthy behaviors impact personal health.		A1. Explain the importance of eating a balanced, healthful diet (nutritional health - classroom teacher) A1. Label the three sides of the wellness triangle (personal health - classroom teacher)	A1. Explain the importance of eating a balanced, healthful diet (nutritional health - classroom teacher) A1. Explain the importance of daily health habits (personal health - classroom teacher)

M.S.A.D. #52 - Health Education Curriculum
Grades 3-5
Health Concepts

A. Students comprehend concepts related to health promotion and disease prevention to enhance health.

Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5
A1. <u>Healthy Behaviors and Personal Health</u> – Students explain the relationship between healthy behaviors and personal health.	A1. Describe healthy ways of handling food (nutritional health - classroom teacher) A1. Explain how healthy handling of food helps to keep us healthy (nutritional health -	A1. Describe what people can do to keep the environment healthy to, in turn, keep themselves healthy (environmental health - classroom teacher) A1. Determine ways to practice	A1. Evaluate how nutrition impacts the digestive and circulatory systems (nutritional health - classroom teacher) A1. Tell in their own words the importance of assuming

	<p>classroom teacher)</p> <p>A1. Give examples of how being physically fit attributes to their personal health (personal health - physical educator)</p> <p>A1. Tell in their own words what the effects of tobacco, alcohol, and medicine are on the body (substance use and abuse prevention - guidance and classroom teacher)</p>	<p>personal hygiene (growth and development - nurse)</p> <p>A1. Paraphrase the benefits of exercise (personal health - physical educator)</p>	<p>responsibility for their own health (personal health - classroom teacher)</p> <p>A1. Explain how healthy nutrition behaviors and fitness help to prevent injury, illness, and disease (safety and accident prevention/ nutritional health - classroom teacher and physical educator)</p> <p>A1. Explain how their decision to use or not use substances impacts their personal health (substance use and abuse prevention, guidance and classroom teacher)</p>
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M.S.A.D. #52 - Health Education Curriculum
 Grades 6-8
 Health Concepts

A. Students comprehend concepts related to health promotion and disease prevention to enhance health

Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
<p>A1. <u>Healthy Behaviors and Personal Health</u> - Students examine the relationship between behaviors and personal health.</p> <p>a. Explain the importance of assuming responsibility for</p>	<p>A1. Identify how their decisions influence their physical, mental, emotional, and social health (classroom teacher)</p> <p>A1b. Determine how drug use affects the body (substance use and abuse prevention, guidance</p>	<p>A1a. Describe the role of personal choice in maintain and improving wellness.</p> <p>A1b. Discuss personal responsibility for wellness and how risky behaviors can be avoided.</p>	

<p>personal health.</p> <p>b. Examine the relationship between healthy and unhealthy behaviors and personal health.</p> <p>c. Identify the possible barriers to practicing healthy behaviors.</p>	<p>and classroom teacher)</p>	<p>A1c. Explain why health care might not be available to some members of society and what resources might be available.</p>	
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M.S.A.D. #52 - Health Education Curriculum
9-12
Health Concepts

A. Students comprehend concepts related to health promotion and disease prevention to enhance health.

Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
<p><u>A1. Healthy Behaviors and Personal Health</u> – Students predict how behaviors can impact health status.</p> <p>a. Analyze individual responsibility for enhancing health.</p> <p>b. Predict how healthy behaviors can positively impact health status.</p> <p>c. Describe barriers to</p>	<p>A1b. Explain how abstinence benefits health.</p> <p>A1b. Analyze how positive thinking benefits health.</p> <p>A1c. Identify influences as being positive or negative.</p> <p>A1d. Identify risks of being sexually active.</p>	<p>A1a. Analyze personal responsibility for their level of wellness.</p> <p>A1a. Analyze individual responsibility for enhancing the health of the environment and the health of others.</p> <p>A1b. Explain how personal chosen behaviors has the greatest influence on one's level of wellness.</p>	<p>NA</p>

<p>practicing healthy behaviors.</p> <p>d. Examine personal susceptibility to, and the potential severity of, injury or illness if engaging in unhealthy behaviors.</p>		<p>A1c. Describe influences that may negatively impact our health and explain how to overcome those barriers.</p> <p>A1d. Determine personal risks for:</p> <ul style="list-style-type: none"> ● poor nutrition ● sexual behaviors ● drug use and abuse ● mental health ● stress 	
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M.S.A.D. #52 - Health Education Curriculum
 Grades K-2
 Health Concepts

A. Students comprehend concepts related to health promotion and disease prevention to enhance health.

Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
<p>A2. <u>Dimensions of Health</u> - Students recognize that there are multiple dimensions of health.</p>	<p>A2. Recognize the wellness triangle (personal health - classroom teacher)</p>	<p>A2. Label the three sides of the wellness triangle (personal health - classroom teacher)</p>	<p>A2. Label the three sides of the wellness triangle (personal health - classroom teacher)</p>

M.S.A.D. #52 - Health Education Curriculum
 Grades 3-5
 Health Concepts

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5
<p>A2. <u>Dimensions of Health</u> - Students identify examples of physical, mental, emotional, and social health during childhood.</p>	<p>A2. Give an example of each of the 3 sides of the wellness triangle (personal health - classroom teacher)</p>	<p>A2. Identify 3 sides of the wellness triangle (personal health - classroom teacher)</p>	<p>A2. Explain the physical, mental, emotional, and social changes that occur during puberty (growth and development - nurse)</p> <p>A2. Give examples of behaviors for the 3 sides of the wellness triangle (personal health - classroom teacher)</p>

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Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
A2. <u>Dimensions of Health</u> - Students explain the interrelationship of physical, mental, emotional, and social health.	A2. Give examples of the social, physical, and emotional changes of puberty (nurse)	A2. Identify each side of the health triangle and behaviors to maintain each side.	

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 9-12
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Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
A2. <u>Dimensions of Health</u> - Students analyze the interrelationship of physical, mental, emotional, and social health.	A2. Explain the interrelationship of physical, mental/emotional, and social health.	A2. Analyze the interrelationship between each component of wellness.	NA

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Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
A3. <u>Diseases/Other Health Problems</u> - Students describe the transmission and prevention of common childhood communicable diseases.	<p>A3. Describe how communicable diseases are transmitted (prevention of disease and disorder - classroom teacher and nurse)</p> <p>A3. Identify daily health habits that will help prevent transmission of communicable diseases (prevention of disease and disorder - classroom teacher and nurse)</p>		

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5

<p>A3. <u>Diseases/Other Health Problems</u> - Students describe ways to detect and treat common childhood diseases and other health problems.</p>	<p>A3. Describe symptoms of common childhood health problems (prevention of disease and disorder - classroom teacher)</p> <p>A3. Describe how to treat common childhood health problems (prevention of disease and disorder - classroom teacher)</p>	<p>A3. Describe symptoms of common childhood diseases (prevention of disease and disorder - classroom teacher)</p> <p>A3. Explain ways common childhood diseases can be treated (prevention of disease and disorder - classroom teacher)</p>	
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Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
<p>A3. <u>Diseases/Other Health Problems</u> - Students identify causes of common adolescent diseases and other health problems and describe ways to reduce, prevent, or treat them</p>	<p>A3. Determine the effects that risky behaviors have on personal health (classroom teacher and guidance)</p>		<p>A3. Explain how healthy habits can reduce disease and disability now and in the future.</p>

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Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
<p>A3. <u>Diseases/Other Health Problems</u> - Students explain causes of common diseases, disorders, and other health problems and propose ways to reduce, prevent, or treat them.</p>	<p>A3. Identify causes of stress.</p>	<p>A3. Explain risks associated with:</p> <ul style="list-style-type: none"> ● stress ● nutrition ● sexual behavior ● drug use <p>A3. Describe ways to prevent or reduce the risks associated with : health issues associated with:</p> <ul style="list-style-type: none"> ● stress ● nutrition ● sexual behavior ● drug use ● suicide ● abuse ● environment <p>A3. Describe ways to treat health issues associated with:</p> <ul style="list-style-type: none"> ● stress ● nutrition ● sexual behavior ● drug use ● suicide ● abuse <p>A3. Describe causes of suicide and abuse.</p>	<p>NA</p>

		<p>A3. Explain causes of common diseases.</p> <p>A3. Explain how to prevent or reduce the risks of common diseases.</p>	
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Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
A4. <u>Environment and Personal Health</u> - Students describe ways a safe and healthy school environment can promote personal health.		A4. Describe ways a safe and healthy school environment can promote personal health (environmental health - classroom teacher)	A4. Describe ways a safe and healthy school environment can promote personal health (environmental health - classroom teacher)

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5

<p>A4. <u>Environment and Personal Health</u> - Students describe ways a safe and healthy school and community environment can promote personal health.</p>	<p>A4. Describe a healthful school/ community environment (environmental health - classroom teacher)</p> <p>A4. Tell how a clean environment keeps them healthy (environmental health - classroom teacher)</p> <p>A4. Identify ways to conserve natural resources (environmental health - classroom teacher)</p>	<p>A4. Describe ways that a healthful community environment influences one's health (environmental health - classroom teacher)</p>	
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Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
<p>A4. <u>Environment and Personal Health</u> - Students determine how environment and other factors impact personal health.</p> <p>a. Analyze how environment impacts personal health.</p> <p>b. Describe how family history can impact personal health.</p>		<p>A4a. Describe the ways the environment can influence health</p> <p>A4b. Discuss the external factors that influence wellness.</p> <p>A4c. Identify sources of health care services in the school and in the community</p>	

c. Explain how appropriate health care can promote personal health.			
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Health Concepts

A. Students comprehend concepts related to health promotion and disease prevention to enhance health.

Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
<p>A4. <u>Environment and Personal Health</u> - Students determine the interrelationship between the environment and other factors and personal health.</p> <p>a. Analyze how environment and personal health are interrelated.</p> <p>b. Describe how genetics and family history can impact personal health.</p> <p>c. Analyze the relationship between access to health care and health status.</p>		<p>A4a. Explain, in detail, how the environment influences one's level of wellness.</p> <p>A4b. Explain, in detail, how one's genetics influences their level of wellness.</p> <p>A4c. Explain, in detail, how one's access to health care influences their level of wellness.</p>	NA

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Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
A5. <u>Growth and Development</u> – No Performance Indicator			

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5
A5. <u>Growth and Development</u> - Students identify the general characteristics of human growth and development.		A5. Identify characteristics of puberty (growth and development - nurse)	A5. Explain the changes that occur during puberty (growth and development - nurse)

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Health Concepts

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Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
A5. <u>Growth and Development</u> - Students describe specific characteristics of adolescent human growth and development.	A2. Give examples of the social, physical, and emotional changes of puberty (nurse)	A5. Define adolescence A5. Describe how the wellness triangle is affected by the changes that occur during adolescence A5. Identify health behaviors and habits necessary to keep the body clean during adolescence	

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Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
A5. <u>Growth and Development</u> - Students describe the characteristics of human growth and development throughout the various stages of life.		A5. Describe diseases that are common at various stages of life. A5. Identify consequences of teen pregnancy compared to pregnancy as an adult.	NA

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Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
<p>A6. <u>Basic Health Concepts</u> - Students identify basic health terms related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.</p>	<p>A6. Identify healthy and unhealthy snacks (nutrition - classroom teacher)</p> <p>A6. Recognize MyPyramid or other current nutritional diagrams (nutrition - classroom teacher)</p> <p>A6. Define “communicable disease” - (prevention of disease and disorder - classroom teacher and nurse)</p> <p>A6. Identify safe and unsafe situations (safety and accident prevention - guidance and classroom teacher and others)</p> <p>A6. Tell where chemicals can be found (substance use and abuse prevention - guidance and classroom teacher)</p> <p>A6. Discuss risks of chemicals</p>	<p>A6. Describe the ways people grow and change during their lives (growth and development - classroom teacher)</p> <p>A6. Compare how people are alike and different at different stages of life (growth and development - classroom teacher)</p> <p>A6. Students label the food pyramid (nutritional health - classroom teacher)</p> <p>A6. Define “drug” (substance use and abuse prevention - guidance and classroom teacher)</p> <p>A6. Identify common drugs (guidance and classroom teacher)</p> <p>A6. Identify healthy and unhealthy choices (guidance and</p>	<p>A6. Describe the ways people grow and change during their lives (growth and development - classroom teacher)</p> <p>A6. Compare how people are alike and different at different stages of life (growth and development - classroom teacher)</p> <p>A6. Students label the food pyramid (nutritional health - classroom teacher)</p> <p>A6. Define “drug” (substance use and abuse - guidance and classroom teacher)</p> <p>A6. Identify common drugs (substance use and abuse - guidance and classroom teacher)</p> <p>A6. Identify healthy and unhealthy choices (substance use and abuse prevention - guidance and</p>

	(substance use and abuse prevention - guidance and classroom teacher)	classroom teacher)	classroom teacher)
	A6. Identify how to be safe with chemicals (substance use and abuse prevention - guidance and classroom teacher)		

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5
A6. <u>Basic Health Concepts</u> - Students define basic health terms related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.		<p>A6. Identify types of abuse (family life education - guidance and classroom teacher)</p> <p>A6. Identify healthy serving sizes (nutritional health - classroom teacher)</p> <p>A6. Define "inhalant" (substance use and abuse prevention, guidance and classroom teacher)</p> <p>A6. Tell the effects of alcohol, tobacco, and inhalants (substance use and abuse prevention, guidance and classroom teacher)</p>	A6. Define "substances" (substance use and abuse prevention, guidance and classroom teacher)

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Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
A6. <u>Basic Health Concepts</u> - Students explain essential health concepts related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.	A6. Determine facts about drug use (substance use and abuse prevention, guidance and classroom teacher)	A6. Define health and Wellness	

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Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
<p>A6. <u>Basic Health Concepts</u> - Students analyze complex health concepts related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.</p>	<p>A6. Explain common terms associated with drug use.</p> <p>A6. Identify drug classifications.</p> <p>A6. Explain common terms associated with human sexuality.</p> <p>A6. Explain the function of male and female anatomy.</p> <p>A6. Identify qualities of healthy relationships.</p> <p>A6. Examine the impact of body image on self-esteem.</p>	<p>A6. Define "abuse" and explain how it happens.</p>	<p>NA</p>