

10th Grade Health Promotion/Physical Education Power Standards

1. Understands how the different areas of the wellness wheel can affect physical health and modify behaviors.
2. Can incorporate stress reducing strategies into daily life.
3. Can analyze personal nutrient intake and state positive diet changes to improve nutrition based on the My Plate guidelines.
4. Advocates abstinence from alcohol, tobacco and other drugs for family members and peers.
5. Finds valid health resources in the community to aid in life decisions.
6. Defines wellness, evaluates and sets personal wellness goals in relation to their strengths and weaknesses.
7. Can identify the signs and symptoms of mental health challenges including, but not limited to depression, and use coping strategies to find help for self or peers.
8. Incorporates decision making processes into daily life.
9. Can compare and contrast the advantages and disadvantages of abstinence and other methods of contraception.
10. Describe characteristics of healthy and unhealthy romantic and/or sexual relationships along with a range of ways to express affection within healthy relationships.