**Health**

**Understanding Health and Wellness Standards Covered**

**Standard HE H.S.1 –** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard HE H.S.2 –** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard HE H.S.7 –** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard HE H.S.8 –** Students will demonstrate the ability to advocate for personal, family, and community health.

**Microlesson 1: Your Total Health**

**Standard HE H.S.1, Standard HE H.S.8**

**Microlesson 2: What Affects Your Health**

**Standard HE H.S.1, Standard HE H.S.2, Standard HE H.S.7, Standard HE H.S.8**

**Microlesson 3: Health Risks and Your Behavior**

**Standard HE H.S.1, Standard HE H.S.2, Standard HE H.S.7**

**Microlesson 4: Promoting Health and Wellness**

**Standard HE H.S.1, Standard HE H.S.8**

**Assessments:**

**Discussion: Your Total Health**

**Standard HE H.S.2**

**Assignment: Health Risk Behaviors**

**Standard HE H.S.2, Standard HE H.S.8**

**Quiz: Understanding Health and Wellness**

**Standard HE H.S., Standard HE H.S.2, Standard HE H.S.7, Standard HE H.S.8**