

Self-Management

Skill Cues ■ Grades 6-12

STANDARD 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.



I APPEAR

- I**dentify health behaviors, wants, or needs within your context
- A**ccess information, products, and services to support your health efforts
- P**ractice health-enhancing behaviors
- P**ractice avoiding risky health behaviors
- E**xplain your role in staying healthy
- A**ssess the outcomes of the behavior changes or of current health practices
- R**eflect on current health practices or changes



HUMAN KINETICS

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