<table>
<thead>
<tr>
<th>CONTENT AREA</th>
<th>DESCRIPTION</th>
<th>MUSEUM EXHIBIT</th>
</tr>
</thead>
</table>
| 1. Community Health               | Includes such topics as individual responsibility; healthful school, home and community environments; community health resources and facilities; official and nonofficial health agencies; health service careers; pollution control; community involvement; current issues; and trends in medical care | Stay on Course  
9-1-1 Action Theater  
The Goldman Legacy Theatre  
The Beat Goes On  
The Marketplace |
| 5. Injury Prevention and Safety    | Includes learning first aid and emergency health care and addresses the prevention of unintentional injuries | 9-1-1 Action Theater                               |
| 7. Nutrition                       | Addresses a balanced diet, food preparation, reading and understanding food labels, differences in nutritional needs for pregnant women, and more | Kitchen Café  
The Marketplace |
| 8. Personal Health                 | Includes physical fitness and lifetime activities, cardiovascular health, sleep, rest, relaxation, recreation, growth and development, oral health, vision and hearing, body systems and their functions, aging, personal wellness plans, and positive health habits and choices | All Creatures Great and Small  
Stay on Course  
9-1-1 Action Theater  
The Kitchen Café  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| 9. Prevention and Control of Disease | Addresses heart disease, stroke, diabetes, cancer, HIV/AIDS and others | All Creatures Great and Small  
Stay on Course  
9-1-1 Action Theater  
The Kitchen Café  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| 10. Substance Use and Abuse        | Refers to the use and misuse of tobacco, alcohol, and other drugs and often includes topics such as positive decision-making, individual responsibility, substances beneficial to mankind, the classification of substances and their effects on the body, and the formation of habits and their influence | Stay on Course |
## Strand 3: Science in Personal and Social Perspectives

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<thead>
<tr>
<th>CONCEPTS</th>
<th>PERFORMANCE OBJECTIVE DESCRIPTION</th>
<th>HALLE HEART CHILDREN’S MUSEUM EXHIBIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2: Science and Technology in Society. Students will understand the impact of technology.</td>
<td>PO 1: Describe the relationship between science and technology.</td>
<td>9-1-1 Action Theater</td>
</tr>
</tbody>
</table>

## Strand 4: Life Sciences

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</tr>
</thead>
</table>
| 1: Structure and Function in Living Systems | PO 2. Identify the following types of muscles:  
- Cardiac-heart  
- Smooth-stomach  
- Skeletal-biceps | All Creatures Great and Small  
Stay on Course  
9-1-1 Action Theater  
The Kitchen Café  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
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</table>
| 1CH-E1: Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. | PO 1: Describe positive health behaviors which can prevent common injuries, diseases and other conditions | Stay on Course  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| | PO 2: Describe harmful effects of substance use | Stay on Course |
| 1CH-E3: Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. | PO 1: Contrast healthy and unhealthy lifestyles | Stay on Course  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| | PO 2: Describe the effects on healthy and unhealthy lifestyles on health, growth and development | Stay on Course  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| 1CH-E4: Describe how family and peers influence the health of adolescents. | PO 2: Classify healthy and unhealthy choices that you have learned from family and peers | Stay on Course  
The Goldman Legacy Theatre  
The Beat Goes On  
The Marketplace |
| 1CH-E6: Describe ways to reduce risks related to adolescent health problems. | PO 1: Identify changes adolescents can make in their lifestyle to reduce health risks | Stay on Course  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| 1CH-E7: Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. | PO 1: Explain how an individual lifestyle and family history can prevent or cause health problems | Stay on Course  
The Goldman Legacy Theatre  
The Beat Goes On  
Follow Your Heart  
The Marketplace |
| 1CH-E8: Explain how basic | PO 1: Identify the basic nutrients | The Kitchen Café |
nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness

and identify their uses in the body

The Marketplace

PO 2: Describe how a balanced and nutritious diet is related to weight, appearance and wellness

The Kitchen Café

The Marketplace

**Standard 2: Students demonstrate the ability to access accurate health information**

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</table>
| 2CH-E2 Describe how media influences the selection and use of health information, products and services | PO 1: Explain how media influences the selection of health information and products | Stay on Course
The Goldman Legacy Theatre
The Kitchen Café |
| 2CH-E4 Describe situations requiring professional health services | PO 1: Same as concept | 9-1-1 Action Theater |
| 2CH-E5: Identify emergency preparedness and emergency resources (e.g., first aid, CPR) | PO 1: List emergency resources | 9-1-1 Action Theater |

**Standard 3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks**

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</table>
| 3CH-E1: Explain the importance of assuming responsibility for personal behaviors | PO 1: Illustrate examples of responsible healthy behavior | Stay on Course
The Kitchen Café
The Goldman Legacy Theatre
The Beat Goes On
Follow Your Heart
The Marketplace |
| 3CH-E2 Identify strengths of and risks to one’s personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both | PO 1: Compare personal and family health risks and strengths PO 2: Explain ways to reduce risks and increase strengths | Stay on Course
The Kitchen Café
The Goldman Legacy Theatre
The Beat Goes On
Follow Your Heart
The Marketplace |
| 3CH-E3 Distinguish between responsible and risky/harmful | PO 1: List differences between | Stay on Course
The Kitchen Café |
behaviors (e.g., responsible: exercise, sleep, nutrition, risky: the use of tobacco, alcohol and other drugs) | responsible and risky behaviors | The Goldman Legacy Theatre

3CH-E6: Perform basic safety, first aid and lifestyle saving techniques | PO 1: Demonstrate basic safety techniques | 9-1-1 Action Theater

Standard 4: Students analyze the influence of culture, media, technology, and other factors on health.

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<tr>
<td>4CH-E2: Explain how messages from media and other sources influence health behaviors</td>
<td>PO 1: Determine the way media messages influence your health</td>
<td>Stay on Course The Kitchen Café The Goldman Legacy Theatre</td>
</tr>
</tbody>
</table>

| 4CH-F4: Describe how information from peers influences health | Same as concept | Stay on Course The Goldman Legacy Theatre |

Standard 6: Students demonstrate the ability to use goal setting and decision-making skills to enhance health.

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<tr>
<td>6CH-E2: Explain how decisions regarding health behaviors have consequences for self and others</td>
<td>PO 1: Identify five (positive or negative) health behaviors PO 2: Define the consequences of the above health behaviors</td>
<td>Stay on Course The Kitchen Café The Goldman Legacy Theatre The Beat Goes On Follow Your Heart The Marketplace</td>
</tr>
<tr>
<td>6CH-E3 Describe how personal health goals are influenced by information, abilities, priorities and responsibilities</td>
<td>PO 1: List five behaviors that maintain personal health</td>
<td>Stay on Course The Kitchen Café The Goldman Legacy Theatre The Beat Goes On Follow Your Heart The Marketplace</td>
</tr>
<tr>
<td>6CH-E4: Develop a plan that addresses personal strengths, needs and health risks, and apply strategies and skills needed to attain personal health goal</td>
<td>PO 1: Develop three personal health goals</td>
<td>The Goldman Legacy Theatre</td>
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</tbody>
</table>
Standard 2: Students comprehend basic physical activity principles and concepts that enable them to make decisions, solve problems and to become self-directed lifelong learners who are informed physical activity consumers

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<tr>
<td>2PA-E1: Describe the relationship between a healthy lifestyle and feeling good</td>
<td>PO 1: Give examples of the benefits derived from regular physical activities</td>
<td>The Beat Goes On</td>
</tr>
<tr>
<td>2PA-E3: Describe physiological indicators of exercise during and after physical activity</td>
<td>PO 1: Demonstrate ability to calculate resting and target heart rate</td>
<td>The Beat Goes On</td>
</tr>
<tr>
<td>PO 2: Monitor heart rate before during and after vigorous physical activity</td>
<td>The Beat Goes On</td>
<td></td>
</tr>
<tr>
<td>2PA-E4-Explain the concept of target zones for health-related physical fitness</td>
<td>PO 1: Same as Concept</td>
<td>The Beat Goes On</td>
</tr>
</tbody>
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