

Proposed K-12 Healthful Living Standards

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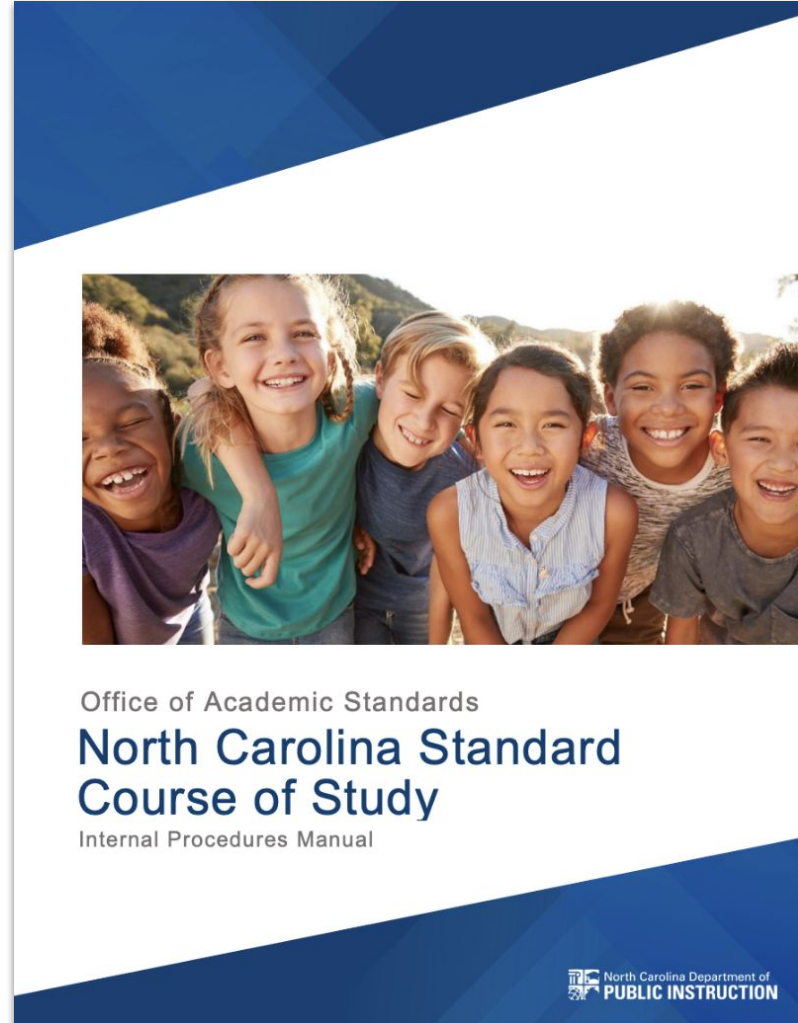
State Board Policy SCOS-012

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- NCDPI facilitates the review of each set of content standards every five-to-seven years to ensure clear, relevant standards and objectives.
- NCDPI uses a uniform and formalized system built on four guiding principles:
 - Feedback-based
 - Research-informed
 - Improvement-oriented
 - Process-driven



Internal Procedures Manual



Standards



North Carolina Standard
Course of Study
K-12 Health Education
K-12 Physical Education

Curriculum



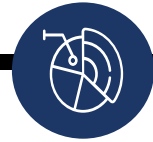
Texts
Lesson Plans
Activities
Tasks
Classroom Assessments

Review Phase Timeline



May 2021

Focus groups & interviews completed



May 2022

Permission to review and revise granted

Surveys on current standards released



December 2022

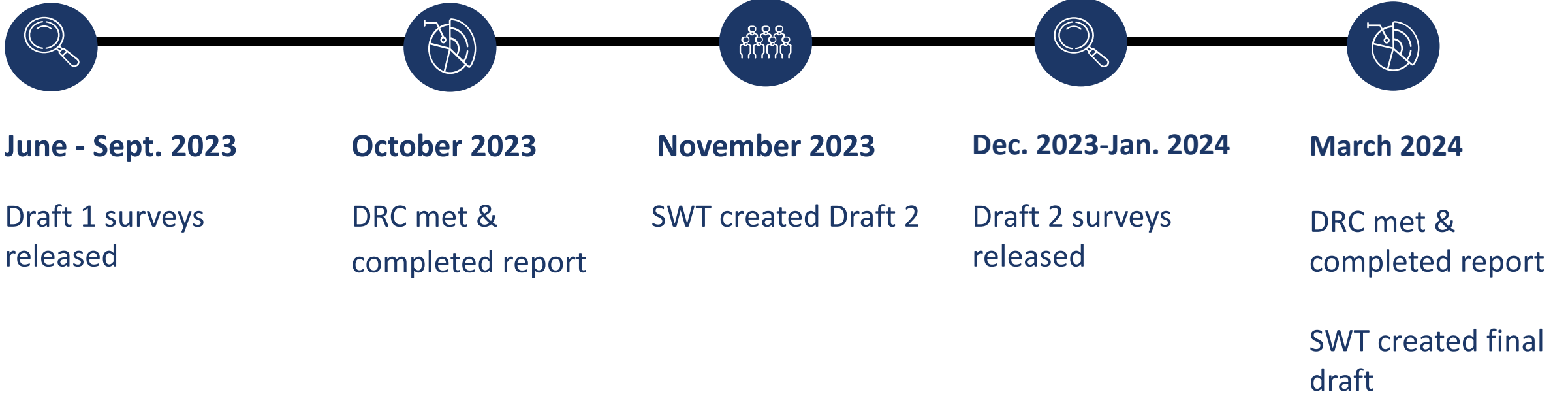
Data Review Committee (DRC) met & completed report



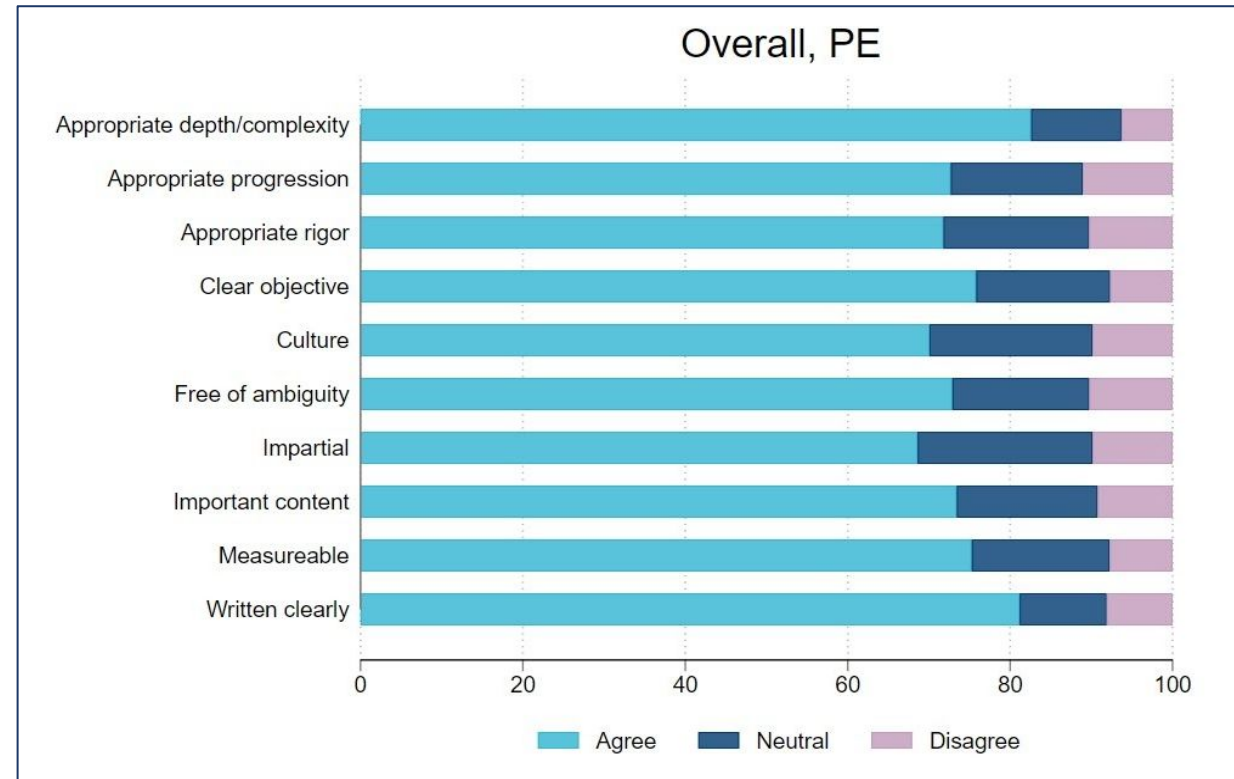
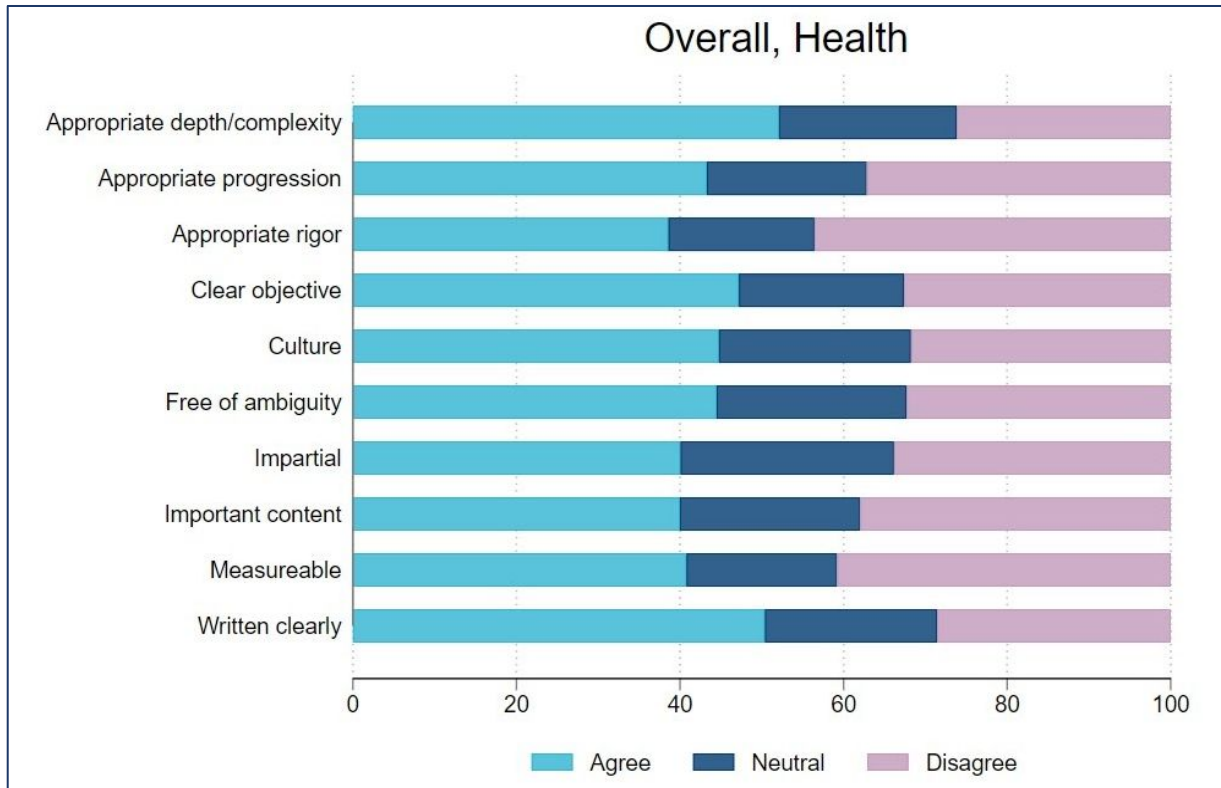
February 2023

Standards Writing Team (SWT) created first draft

Revision Phase Timeline



Draft 2 DRC Report Analysis



Overall percentage of agree/neutral/disagree with the draft 2 standards and objectives

Draft 3 of the Proposed K-12 Health Standards

Nutrition and Physical Activity	
Standard	Objectives
6.NPA.1 Compare tools such as Dietary Guidelines and the Nutrition Facts Label as they relate to the planning of healthy nutrition and physical activity.	6.NPA.1.1 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans.
	6.NPA.1.2 Evaluate food choices using Nutrition Facts labels.
	6.NPA.1.3 Apply current dietary guidelines for meal planning with a variety of food choices.
6.NPA.2 Explore the benefits of consuming a variety of foods and beverages.	6.NPA.2.1 Identify the six essential nutrients to make informed decisions regarding healthy eating.
	6.NPA.2.2 Compare the nutrients in a variety of beverages.
	6.NPA.2.3 Discuss the benefits of consuming foods high in fiber.

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Draft 3 of the Proposed K-12 Health Standards

Personal and Consumer Health	
Standard	Objectives
9.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	9.PCH.1.1 Identify controllable versus uncontrollable risk factors for communicable and chronic diseases.
	9.PCH.1.2 Identify the procedures for organ donation, local and state resources, as well as the pros and cons.
	9.PCH.1.3 Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.
	9.PCH.1.4 Formulate an effective long-term personal health plan for reducing the risk of chronic disease.
	9.PCH.1.5 Identify measures to improve sleep and rest habits.
	9.PCH.1.6 Identify strategies for the prevention and early detection of skin cancer.
	9.PCH.1.7 Assess personal health practices and overall health status.

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Draft 3 of the Proposed K-12 Physical Education Standards

Movement Concepts	
Standard	Objectives
4.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.4.MC.2.1 Demonstrate understanding of manipulative skill combinations in small-sided practice tasks.
	PE.4.MC.2.2 Demonstrate understanding of simple offensive and defensive strategies and tactics.
	PE.4.MC.2.3 Use evaluative tools to improve skill performance of self and others.

DRAFT

Draft 3 of the Proposed K-12 Physical Education Standards

Health-Related Fitness	
Standard	Objectives
9.HF.3 Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.	PE.9.HF.3.1 Apply FITT and training principles to improve a self-selected component of health-related fitness.
	PE.9.HF.3.2 Analyze factors that affect personal health and physical activity behaviors to determine appropriate goals and strategies to improve health-related outcomes.
	PE.9.HF.3.3 Design and implement a personal physical activity program, based on current physical activity and fitness status, that applies SMART goal setting, FITT, and training principles.
	PE.9.HF.3.4 Participate in targeted activities based on interests, accessibility, and personal goals to improve health-related fitness.

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Recommendations for Implementation Timeline

Installation -- 24-25 SY

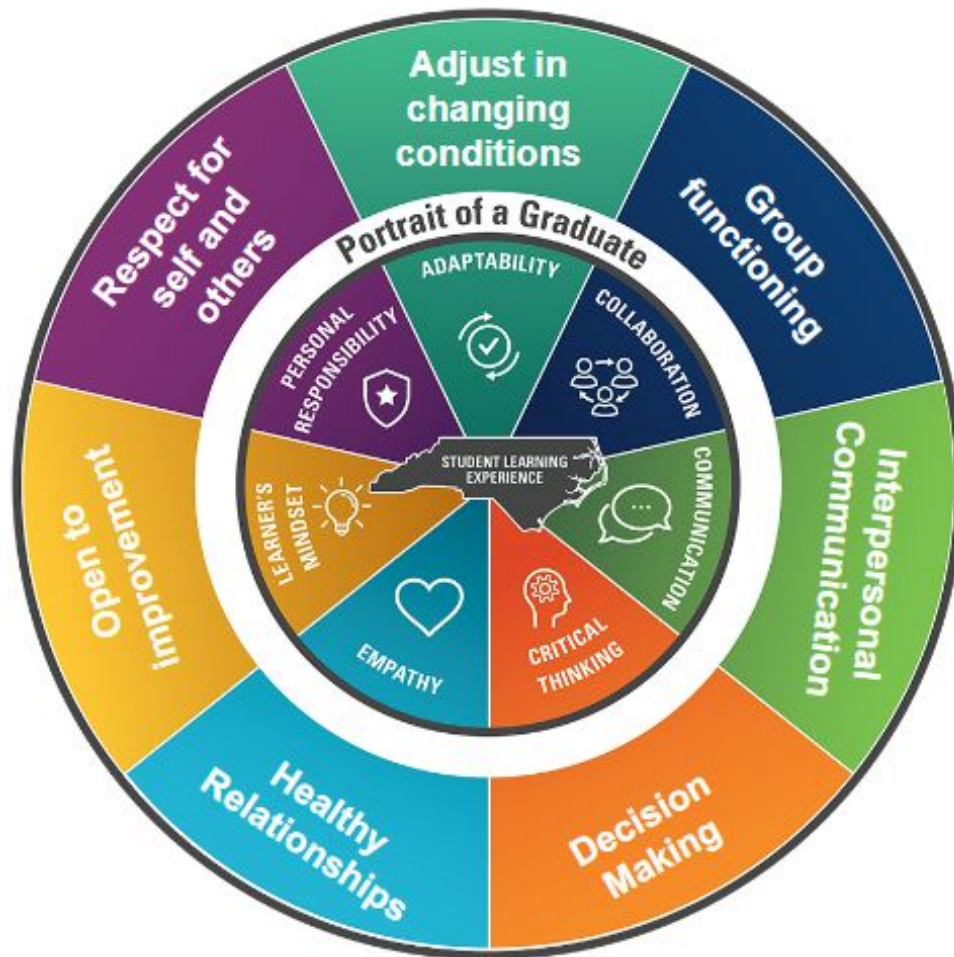
Initial Implementation -- 25-26 SY

Full Implementation -- 26-27 SY

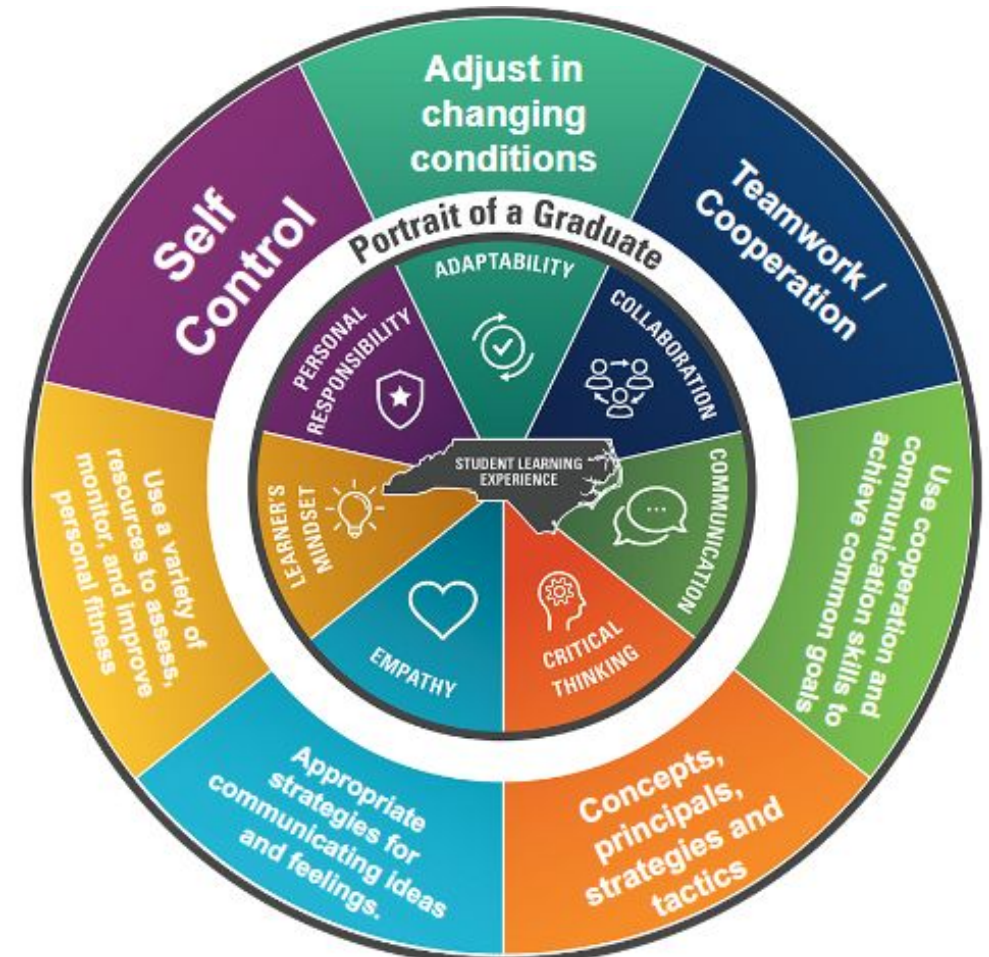


Healthful Living & Portrait of a Graduate

Health Education



Physical Education



Questions?