

Trimester Two Opt Out Plan

Resources: Kids Health and Discovery Education

Standards: Elementary health curriculum is based on the [2022 National Health Education Standards](#).

- **Standard 1:** Use functional health information to promote health and well-being.
- **Standard 2:** Analyze influences that promote health and well-being.
- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 2	Standards	Lessons
Cardiovascular System	1, 3, 7	<u>Kids Health: Cardiovascular System</u> (Select one lesson or combine the two and shorten. Then show two video clips and interactive)