

New York State Health Education Standards and Performance Indicators

Standard 1: Personal Health and Fitness (NYSHE 1. Personal Health and Fitness)

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2: A safe and Healthy Environment (NYSHE 2. A safe and healthy environment)

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3: Resource Management (NYSHE 3. Resource Management)

Students will understand and be able to manage their personal and community resources.