

## ADA's Educational Lessons and Activities Align with National Health and Physical Education Standards

The following describes how the educational lessons and activities of the American Diabetes Association's School Walk for Diabetes program align to national health and physical education standards.

Grades	Lesson	National Health Education Standards	National Standards for Physical Education
K-2	Build Your Lunch	Standard #1. Core Concepts – Students will learn to eat a variety of foods daily and certain types of foods every day.  Standard #3. Accessing Information – Students will be able to select information about healthy eating.	N/A
K-2	Mis-Matched	Standard #1. Core Concepts – Students will be able to explain the importance of food for health and identify a variety of food groups.  Standard #5. Decision Making – Students will be able to choose healthy foods.	N/A
K-4	Activity Pyramid	Standard #1. Core Concepts – Students will be able to identify different levels of physical activity.  Standard #7. Self Management – Students will be able to choose activities that enhance health.	Standard #4. – Students will achieve and maintain a health-enhancing level of physical fitness.  Standard #6. – Students will value physical activity for health.
3-4	Spilled Groceries	Standard #1. Core Concepts – Students will be able to explain what makes food healthy and identify healthy snacks.	N/A
3-4	The Match-Up	Standard #1. Core Concepts – Students will be able to explain that food is fuel for the body and identify where different foods belong on the food pyramid.	N/A
3-4	Food Safari	Standard #1. Core Concepts – Students will be able to explain what nutrients are found in different food groups and how nutrients affect health. They will also be able to identify where different foods belong on the food pyramid.  Standard #6. Goal Setting – Students will set a goal to eat a healthy food from the Food Safari activity sheet.	N/A
3-4	Choose Your Food	Standard #3. Accessing Information – Students will be able to identify nutrients in foods and healthy proportions of foods.  Standard #5. Decision Making – Students will be able to identify a variety of foods, choose healthy snacks and create healthy menus.	N/A
5-6	Activity Word Find	Standard #1. Core Concepts – Students will be able to explain why physical activity is important for health.  Standard #6. Goal Setting – Students will set a goal to be more active.	Standard #4. Students will achieves and maintain a health-enhancing level of physical fitness.  Standard #6. Students will value physical activity for health.
4-6	Mad Scientist	Standard #1. Core Concepts – Students will be able to explain what causes diabetes and identify some symptoms of diabetes.  Standard #3. Accessing Information – Students will prepare reports on diabetes.	Standard #6. Students will value physical activity for health.
All Grades	Lasagna Rollers	Standard #3. Accessing Information – Students will be able to read nutrition labels and locate healthy recipes.  Standard #5. Decision Making – Students will be able to choose healthy foods from the food pyramid.	N/A
4-6	Breakdown at the Insulin Factory	Standard #1. Core Concepts – Students will be able to explain differences in types of diabetes and identify signs and symptoms of diabetes.  Standard #3. Accessing Information – Students will prepare a report on diabetes, body organs, healthy eating, or physical activity.  Standard #7. Self Management – Students will choose a variety of activities to enhance health.	N/A

5-6	Get Energized	<p>Standard #1. Core Concepts – Students will be able to identify food as an energy source.</p> <p>Standard #6. Goal Setting – Students will set a plan to increase physical activity, track their activity levels and chart class activity hours.</p>	<p>Standard #1. Students will be able to perform a variety of physical activities.</p> <p>Standard #4. Students will achieve and maintain a health-enhancing level of physical fitness.</p> <p>Standard #6. Students will value physical activity for health.</p>
5-6	Healthy Living Crossword	<p>Standard #1. Core Concepts – Students will identify healthy food and activities and explain how these contribute to good health.</p> <p>Standard #6. Goal Setting – Students will set a healthy lifestyle goal, develop a plan to achieve it, and track progress in achieving a goal.</p>	<p>Standard #3. Students will participate regularly in physical activity.</p> <p>Standard #4. Students will achieve and maintain a health-enhancing level of physical fitness.</p> <p>Standard #6. Students will value physical activity for health.</p>
7-9	Express Yourself!	<p>Standard #4. Interpersonal Communication – Students will be able to communicate information about healthy lifestyles.</p> <p>Standard #8. Advocacy – Students will encourage and motivate others to adopt healthy lifestyle habits.</p>	<p>Standard #6. – Students will value physical activity for health.</p>
7-9	Journal Your Way to Good Health	<p>Standard #1. Core Concepts – Students will identify types of food in the food pyramid and activities at each level of the activity pyramid. They will also learn to distinguish between aerobic and anaerobic exercise.</p> <p>Standard #3. Accessing Information – Students will be able to analyze information from food nutrition labels. They will research and report on the biological aspects of the body and diabetes.</p> <p>Standard #6. Goal Setting – Students will set a goal to adopt healthier eating and exercise patterns.</p>	<p>Standard #4. – Students will achieve and maintain a health-enhancing level of physical fitness.</p> <p>Standard #6. – Students will value physical activity for health.</p>
7-9	Stay Healthy, Be Informed!	<p>Standard #2. Analyzing Influences – Students will analyze the influence of television and other ads on lifestyle habits.</p> <p>Standard #3. Accessing Information – Students will evaluate information resources on healthy lifestyle habits.</p> <p>Standard #8. Advocacy – Students will create materials to educate peers about healthy lifestyle topics.</p>	<p>Standard #6. – Students will value physical activity for health.</p>
7-9	Take Action in Your Community	<p>Standard #6. Goal Setting – Students will develop an action plan for a community health project.</p> <p>Standard #8. Advocacy – Students will plan activities to address community health needs.</p>	<p>Standard #6. – Students will value physical activity for health.</p>
10-12	Express Yourself!	<p>Standard #3. Accessing Information – Students will analyze sources of information about nutrition and exercise.</p> <p>Standard #4. Interpersonal Communication – Students will communicate information about healthy lifestyles.</p> <p>Standard #8. Advocacy – Students will encourage and motivate others to adopt healthy lifestyle habits.</p>	<p>Standard #6. – Students will value physical activity for health.</p>

10-12	Stay Healthy, Be Informed!	Standard #2. Analyzing Influences – Students will analyze the influence of television and other ads on lifestyle habits. Standard #3. Accessing Information – Students will evaluate information resources on healthy lifestyle habits. Standard #8. Advocacy – Students will create materials to educate peers about healthy lifestyle topics.	Standard #6. – Students will value physical activity for health.
10-12	Take Action in Your Community	Standard #6. Goal Setting – Students will develop an action plan for a community health project. Standard #8. Advocacy – Students will plan activities to address community health needs.	Standard #6. – Students will value physical activity for health.

The following is a listing of the National Health Education Standards and the National Standards for Physical Education. These are the standards by which the American Diabetes Association has aligned its educational lesson and activities.

### **National Health Education Standards**

**Standard 1: Core Concepts** – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2: Analyzing Internal and External Influences** – Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3: Accessing Information** – Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4: Interpersonal Communication** – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5: Decision Making** – Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6: Goal Setting** – Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7: Self Management** – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

**Standard 8: Advocacy** – Students will demonstrate the ability to advocate for personal, family, and community health.

### **National Standards for Physical Education**

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.