

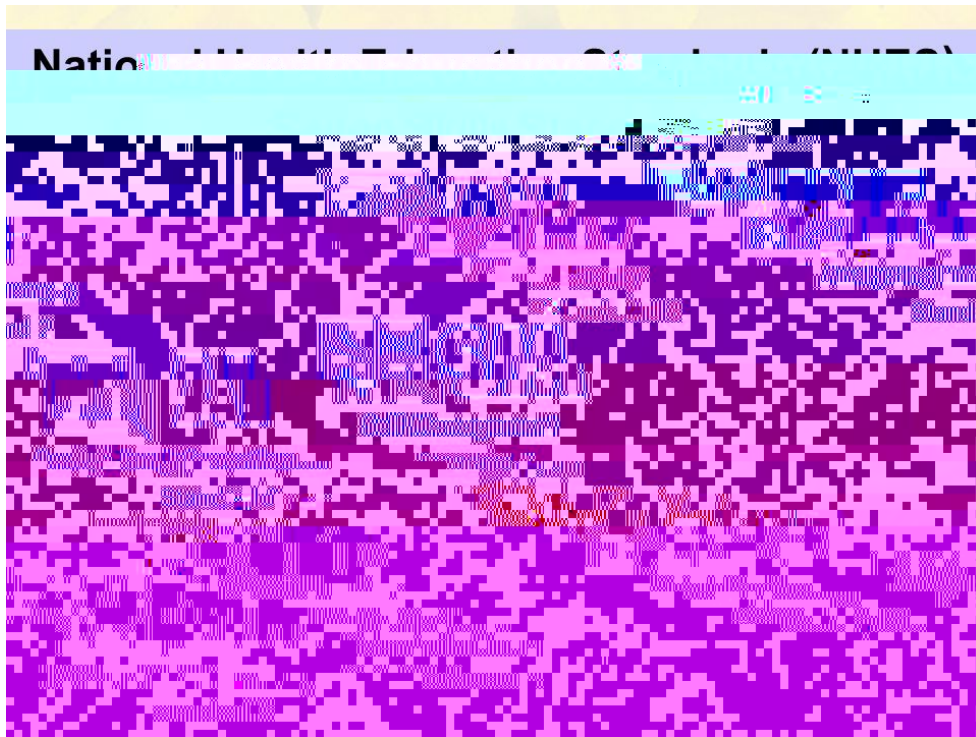
Health Education Skills for K -5

Celebrating Lifelong Wellness

Our Vision

Engage all students in equitable, inclusive skills-based health and physical education so they may thrive in a global community.

National Health Education Skills



Source: Health Education Assessment Project

Health Education Topics

- Nutrition and Fitness
- Alcohol, Tobacco, and Other Drugs
- Mental, Social, and Emotional Health
- Human Growth and Development
- Personal Health and Safety
- Disease and Illness Prevention

