



A Health and Nutrition Program for Grades 1-3

The activities in this program meet the following National Education Standards:

Activity 1: Put Power on Your Plate National Health Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.

- Describe relationships between personal health behaviors and individual well being.

Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- Identify responsible health behaviors.
- Identify personal health needs.
- Demonstrate strategies to improve or maintain personal health.

Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- Demonstrate the ability to apply a decision-making process to health issues and problems.
- Set a personal health goal and track progress toward its achievement.

Activity 2: Plan a Power Hour National Health Standards

Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- Identify responsible health behaviors.
- Identify personal health needs.
- Demonstrate strategies to improve or maintain personal health.

Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- Demonstrate the ability to apply a decision-making process to health issues and problems.
- Set a personal health goal and track progress toward its achievement.

National Physical Education Standards

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

Activity 3: Train Like a Ranger National Physical Education Standards

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.

Activity 4: The Power Rangers emPOWER Challenge National Health Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.

- Describe relationships between personal health behaviors and individual well being.

Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- Identify responsible health behaviors.
- Identify personal health needs.
- Demonstrate strategies to improve or maintain personal health.

Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- Demonstrate the ability to apply a decision-making process to health issues and problems.
- Set a personal health goal and track progress toward its achievement.

National Physical Education Standards

Standard 3: Participates regularly in physical activity.

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

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

