

TFSD Power Standards

Grade 8

Course Health

Standard 1: Demonstrate decision-making skills required for a healthy lifestyle.

Standard 2: Demonstrate strategies leading to positive mental, physical, social and emotional health.

Standard 3: Exhibit an understanding of behaviors that are conducive to healthy relationships.

Standard 4: Demonstrate the knowledge of personal safety, injury prevention and first aid skills.

Standard 5: Understand the nature and prevention of infectious and communicable diseases.