

Missouri Department of Elementary and Secondary Education

Show Me Health PE Standards

1. Structures of, functions of, and relationships among human body systems
2. Principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)
3. Diseases and methods for prevention, treatment and control
4. Principles of movement and physical fitness
5. Methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use)
6. Consumer health issues (such as the effects of mass media and technologies on safety and health)
7. Responses to emergency situations