

Grades 3, 4, 5

Adopted 2016

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1. Describe the relationship between healthy behaviors and personal health. 1.5.1
2. Identify examples of emotional, intellectual, physical and social health. (e.g., relationship between feelings and behaviors, appropriate ways to express and deal with emotions, identify characteristics of healthy relationships and self-control, developing healthy study skills). 1.5.2
3. Describe ways in which a safe and healthy school and community environment can promote personal health (e.g., safe playgrounds, tobacco free schools/communities, and bully free zones). 1.5.3
4. Describe ways in which a safe and healthy school and community environment can promote personal health (e.g., safe playgrounds, tobacco free schools/communities, and bully free zones). 1.5.4
5. Describe when it is important to seek health care (e.g., for routine visits, when injured or sick, or for emotional health needs). 1.5.5

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

1. Describe how the family influences personal health practices and behaviors. 2.5.1
2. Identify the influence of culture on health practices and behaviors (e.g., culture may include geography, race, ethnicity, gender, age, society). 2.5.2
3. Identify how peers can influence healthy and unhealthy behaviors. 2.5.3
4. Describe how the school and community can support personal health practices and behaviors. 2.5.4
5. Explain how media influences thoughts, feelings, and health behaviors. 2.5.5
6. Describe ways that technology can influence personal health. 2.5.6

Students will demonstrate the ability to access valid information, products and services to enhance health.

1. Identify characteristics of valid health information, products and services (e.g., reliable, dependable, appropriate, accurate or trustworthy). 3.5.1
2. Locate resources from home, school and community that provide valid health information. 3.5.2

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.5.1
2. Demonstrate refusal skills to avoid or reduce health risks. 4.5.2
3. Demonstrate non-violent strategies to manage or resolve conflict. 4.5.3
4. Demonstrate how to ask for assistance to enhance personal health. 4.5.4

Students will demonstrate the ability to use decision-making skills to enhance health.

1. Identify health-related situations that might require a decision. 5.5.1
2. Analyze when assistance is needed when making a health-related decision. 5.5.2
3. List healthy options to health-related issues or problems. 5.5.3
4. Predict the potential outcomes of each option when making a health-related decision. 5.5.4
5. Choose a healthy option when making a decision. 5.5.5
6. Describe the outcomes of a health-related decision. 5.5.6

Students will demonstrate the ability to use goal-setting skills to enhance health.

1. Identify a personal health goal and track progress toward its achievement. 6.5.1
2. Identify resources to assist in achieving a personal health goal. 6.5.2

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

1. Identify responsible personal health behaviors. 7.5.1
2. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 7.5.2
3. Demonstrate a variety of behaviors that avoid or reduce health risks. 7.5.3

Students will demonstrate the ability to advocate for personal, family and community health.

1. Express opinions and give accurate information about health issues. 8.5.1
2. Encourage others to make positive health choices. 8.5.2