

# Health: Grades 3, 4, 5

Adopted 2008

**Students will understand essential health concepts in order to transfer knowledge into healthy actions for life**

**Functional knowledge of health concepts impacts health behavior.**

- 1.1 Describe the relationship between healthy behaviors and personal health.
- 1.2 Identify indicators of intellectual, emotional, social, and physical health.
- 1.3 Describe ways in which a safe and healthy school and community environment can promote personal health.
- 1.4 Describe ways to prevent common childhood injuries and health problems.
- 1.5 Describe when it is important to seek health care.

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

**Health is influenced by multiple factors**

- 2.1 Describe how a person's family and culture influence personal health practices.
- 2.2 Express how peers can influence healthy and unhealthy behaviors.
- 2.3 Describe how the school and community support personal health practices.
- 2.4 Explain how media influences thoughts, feelings, and health behaviors.
- 2.5 Describe ways technology can influence personal health.

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

**Utilizing valid resources facilitates health**

- 3.1 Compare and contrast characteristics of valid health information, products and services.
- 3.2 Locate resources from home, school and community that provide valid health information.

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

**Effective communication protects and enhances health**

- 4.1 Demonstrate effective verbal and non-verbal communication skills to enhance health.
- 4.2 Demonstrate refusal skills to avoid or reduce health risks.
- 4.3 Recognize the benefits of non-violent strategies to manage or resolve conflict.
- 4.4 Demonstrate how to ask for assistance to enhance personal health.

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

**Decision making is a process that impacts health**

- 5.1 Identify health-related situations that might require a thoughtful decision.
  - 5.2 Analyze when assistance is needed when making a health-related decision.
  - 5.3 List healthy options to health-related issues or problems.
  - 5.4 Predict outcomes of each option when making health-related decision.
  - 5.5 Choose a health option when making decisions.
  - 5.6 Describe the outcome(s) of a health-related decision.
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**Students will demonstrate the ability to use goal-setting skills to enhance health.**

**Goal setting enhances health outcomes**

- 6.1 Set a personal health goal and track progress toward its achievement.
  - 6.2 Identify resources to assist in achieving a personal health goal.
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**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Practicing and adopting healthy behaviors leads to a healthy lifestyle**

- 7.1 Identify responsible personal health behaviors.
  - 7.2 Consider a variety of healthy practices to maintain or improve personal health.
  - 7.3 Explore a variety of practices to avoid or reduce health risks.
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**Students will demonstrate the ability to advocate for personal, family and community health.**

**Advocacy is critical to personal, family and community health**

- 8.1 Express opinions and give accurate information about health issues.
- 8.2 Encourage others in making positive health choices.