

HEALTHY AND FIT BODY Understand and integrate concepts of physical, mental, and emotional health.				
	<p>STANDARDS</p> <p>Show the relationship between diet and exercise and how they contribute to a healthy body and mind.</p> <p>Demonstrate understanding of healthy personal habits.</p>	<p>Grade 3</p> <ul style="list-style-type: none"> • Select foods that promote physical and mental health and provide energy. • Describe how active daily physical play enhances the way they feel. • Practice age appropriate personal health habits that protect health. 		
<p>Understand key concepts of growth and development and their relationship to lifetime wellness.</p>	<p>Describe how to adapt to physical, mental and social changes that occur throughout life.</p>	<ul style="list-style-type: none"> • Describe the physical, mental and social changes from infancy to current state of development. 	<ul style="list-style-type: none"> • Explain the interrelationship of physical, mental and social health during preadolescence. 	

CONTROLLABLE HEALTH RISKS: Apply prevention and risk-reduction concepts to health-related problems.				
	<p>STANDARDS</p> <p>Demonstrate risk reduction strategies to promote health.</p> <p>Demonstrate strategies to avoid risky sexual behaviors.</p>	<p>Grade 3</p> <ul style="list-style-type: none"> Demonstrate the steps of decision making and refusal skills. Demonstrate ways to avoid and reduce threatening situations. 		
<p>Understand principles and concepts related to infectious and communicable diseases.</p>	<p>Demonstrate ways to prevent communicable and chronic diseases</p>	<ul style="list-style-type: none"> Demonstrate healthy behaviors that prevent childhood communicable diseases, including colds, influenza, measles, and HIV disease. Identify how good health practices contribute to prevention of chronic diseases. 	<ul style="list-style-type: none"> Identify components of the chain of infection. Demonstrate how the chain of infection can be broken to prevent disease, such as HIV disease. Identify chronic diseases and lifestyles behaviors that contribute to them. 	
<p>Predict short and long-term consequences of safe, risky and harmful behaviors.</p>	<p>Explain harmful effects of high-risk behaviors.</p> <p>Identify conditions that contribute to mental wellbeing.</p> <p>Identify risk factors and resources associated with suicide and other intentional injuries.</p>	<ul style="list-style-type: none"> Identify and compare behaviors that are safe or risky. Identify stressors and how they affect wellbeing. 	<ul style="list-style-type: none"> Identify health risks associated with alcohol, tobacco and other drugs. Describe the immediate effects of stressors on physical and emotional health. Practice stress management techniques. Describe what you can do to feel better when you feel down. 	

SAFE AND HEALTHY ENVIRONMENT: Explain safe physical, social, and emotional environments for individuals, families, schools, and communities.				
	<p>STANDARDS</p> <p>Demonstrate principles and practices that promote individual, family, school and community safety.</p>		<p>Grade 5</p> <ul style="list-style-type: none"> Identify factors in the home, school and community that contribute to an unsafe environment. Create an action plan for reporting unsafe situations. 	
<p>Apply injury prevention, first aid and emergency care skills.</p>	<p>Practice concept of injury prevention and first aid.</p>	<ul style="list-style-type: none"> Demonstrate basic fire, traffic and natural disaster safety practices. Demonstrate ways to treat simple injuries such as scratches, cuts and bruises. 		
<p>Understand the potential influences of environmental factors on personal and public health.</p>	<p>Explain the major health concepts and issues related to environment and public health.</p>	<ul style="list-style-type: none"> Identify factors in the environment that affect health. 	<ul style="list-style-type: none"> Describe sources, causes and health consequences of pollution. Create a plan to improve their personal environment 	
<p>Demonstrate violence prevention and conflict resolution skill.</p>	<p>Explain how to resolve conflict effectively and demonstrate skills to prevent or reduce the risk of violence.</p>		<ul style="list-style-type: none"> Demonstrate conflict resolution skills that can prevent escalation of violence. 	

INFORMED CONSUMER: Analyze health information, products and services while considering media, technological and cultural influences.				
	<p>STANDARDS</p> <p>Explain how culture, technology and media impact health choices, products and services.</p>		<p>Grade 5</p> <ul style="list-style-type: none"> Evaluate the internal and external influences that determine the selection of health products and services. 	
<p>Evaluate the validity and reliability of health-related information, products and services as a consumer or potential consumer.</p>	<p>Identify and evaluate health services and community support services and resources.</p> <p>Examine career opportunities in health related fields.</p>	<ul style="list-style-type: none"> Identify people at home, in the school and the community who provide valid health information. Identify health helpers and their roles in the community. 		