
Grades 3-5

For all eight standards, the performance indicators are the specific concepts and skills that students *should know* and *be able to do* by the end of grade 5.

Health Education Standard 1

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

As a result of health instruction in grades 3 through 5, students will:

- 1.5.1 Describe the relationship between healthy behaviors and personal health.
- 1.5.2 Identify examples of emotional, mental, physical, and social health.
- 1.5.3 Describe ways in which safe and health school and community environment can promote personal health.
- 1.5.4 Describe ways to prevent common childhood injuries and health problems.
- 1.5.5 Describe when it is important to seek health care.

Health Education Standard 2

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

As a result of health instruction in grades 3 through 5, students will:

- 2.5.1 Describe how the family influences personal health practices and behaviors.
- 2.5.2 Identify the influence of culture on health practices and behaviors.
- 2.5.3 Identify how peers can influence healthy and unhealthy behaviors.
- 2.5.4 Describe how the school and community can support personal health practices and behaviors.
- 2.5.5 Explain how media influences thoughts, feelings, and health behaviors.
- 2.5.6 Describe ways that technology can influence personal health.

Health Education Standard 3

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

As a result of health instruction in grades 3 through 5, students will:

- 3.5.1 Identify characteristics of valid health information, products, and services.
- 3.5.2 Locate resources from home, school, and community that provide valid health information.

Health Education Standard 4

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

As a result of health instruction in grades 3 through 5, students will:

- 4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.
- 4.5.2 Demonstrate refusal skills that avoid or reduce health risks.
- 4.5.3 Demonstrate nonviolent strategies to manage or resolve conflict.
- 4.5.4 Demonstrate how to ask for assistance to enhance personal health.

Health Education Standard 5

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

As a result of health instruction in grades 3 through 5, students will:

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

Health Education Standard 6

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

As a result of health instruction in grades 3 through 5, students will:

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

Health Education Standard 7

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

As a result of health instruction in grades 3 through 5, students will:

- 7.5.1 Identify responsible personal health behaviors.

- 7.5.2 Demonstrate a variety of health practices and behaviors to maintain or improve personal health.
- 7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

Health Education Standard 8

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

As a result of health instruction in grades 3 through 5, students will:

- 8.5.1 Express opinions and give accurate information about health issues.
- 8.5.2 Support others to make positive health choices.