

		Grade 3	Grade 4	Grade 5
<p>Physical Health</p> <p>The student will demonstrate knowledge and skills to make healthy decisions that reduce health risks and enhance health of oneself and others.</p>	<p>Body Systems</p> <p>Examine the structure, function, and relationships of body systems and their relevance to personal health.</p>	<ul style="list-style-type: none"> Identify the major structures and functions of the digestive system. Describe the role of the digestive system in providing energy for the body. 	<ul style="list-style-type: none"> Identify the major structures and function of the immune system. Describe the effects of nutrition, personal hygiene, and sleep on the immune system. 	<ul style="list-style-type: none"> Identify the major structures, functions and importance of the integumentary system and how to care for this system. Describe how to care for eyes and ears including how to prevent hearing and vision loss.
	<p>Nutrition</p> <p>Identify and explain healthy eating strategies for enhancing and maintaining personal health.</p>	<ul style="list-style-type: none"> Describe digestion and ways to maintain this body function. Explore how grains are grown and the nutritional benefits of eating whole grains. Explain your school’s food policy as it related to food allergens. Identify foods that often cause food allergies and list safe alternatives. 	<ul style="list-style-type: none"> Identify foods that contain saturated and trans fats and describe the effects of these fats on overall health. Explore serving sizes, additives, preservatives, sodium, and added sugar in a variety of foods and beverages along with their effect on health. Identify ways to moderate intake of foods high in saturated and trans fats, understanding the role of serving size. 	<ul style="list-style-type: none"> Define micro- and macronutrients and how the body uses each. Explain the Recommended Dietary Allowance (RDA). Analyze and interpret information on food packaging, such as Nutrition Fact Labels, ingredient lists, and health claims.
	<p>Physical Health</p> <p>Obtain, process, and understand basic physical activity and nutrition information needed to make health promoting decisions.</p>	<ul style="list-style-type: none"> Evaluate how sleep, physical activity, screen time and healthy food choices affect health. Explain the importance of good personal hygiene (e.g., hand washing, dental care). 	<ul style="list-style-type: none"> Explain how varying levels of physical activity, rest, and sleep positively and negatively affect mental and physical health. Explain the importance of good personal hygiene (e.g., hand washing, dental care). 	<ul style="list-style-type: none"> Describe ways to promote heart health. Examine the health risks associated with unprotected sun exposure and identify strategies to protect against the harmful effects of the sun.
<p>Mental Health and Wellness</p> <p>The student will apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.</p>	<p>Mental Wellness/Social and Emotional Skills</p> <p>Identify and apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.</p>	<ul style="list-style-type: none"> Describe feelings and emotions that result from experiencing change. Explain how to identify, express, and respond to emotions in a healthy way and design effective management strategies. Describe the benefits of friendship and make a list of the qualities of a good friend Demonstrate behaviors to make and keep friends and behaviors that may cause a friendship to end. 	<ul style="list-style-type: none"> Identify feelings and emotions associated with loss and grief and their impact on one’s health. Describe and identify healthy coping mechanisms and resources for dealing with loss and grief. Describe self-concept, how it can be influenced by internal and external factors. Explain that the development of one’s self-concept is an essential ongoing life skill. 	<ul style="list-style-type: none"> Define positive self-image, recognize the importance of developing and maintaining a positive self-image, and analyze positive and negative influences on self-image. Define stress, identify physical and emotional responses caused by stress, identify positive and negative ways to manage stress in variety of situations, and practice positive strategies for managing stress.

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		<ul style="list-style-type: none"> Define conflict and identify when conflict may occur between family and friends. Describe and demonstrate healthy ways to resolve conflict, including determining when adult help is needed. 	<ul style="list-style-type: none"> Explain how bullying impacts individuals and affects one's health. Practice initiating, sustaining, and ending conversations. Analyze positive strategies for resolving conflict including showing compassion for others. 	<ul style="list-style-type: none"> Identify the importance of healthy relationships and the social skills that are essential for building and sustaining relationships with family and friends.
<p>Safety and Prevention</p> <p>The student will describe ways to prevent common childhood injuries and health problems.</p>	<p>Disease Prevention/Health Promotion</p> <p>Understand health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions.</p>	<ul style="list-style-type: none"> Identify areas for personal health improvement, and set goals for adopting positive health practices. Describe the difference between communicable and noncommunicable diseases. Analyze the importance of prevention and early detection of disease. 	<ul style="list-style-type: none"> Describe the causes of communicable diseases and analyze strategies/create a plan to prevent the spread of communicable diseases. 	<ul style="list-style-type: none"> Describe types and causes of noncommunicable/chronic diseases and explore methods to reduce risks associated with these conditions.
	<p>Safety/Injury Prevention</p> <p>Identify and demonstrate safety and first aid knowledge to prevent and treat injuries.</p>	<ul style="list-style-type: none"> Explain the need for personal safety when interacting with others online, create online safety strategies, and discuss when adult assistance may be needed in online interactions Demonstrate proper behavior during safety drills at school and practice disaster-preparedness at school and at home. 	<ul style="list-style-type: none"> Explain appropriate protective gear when engaged in physical activities and explain the health consequences of not following safety practices. Describe safe and unsafe Internet use, explain the consequences of unsafe use, and develop strategies for safe Internet use and online gaming. 	<ul style="list-style-type: none"> Analyze why people choose to follow or not follow safety rules at school. Examine one's role and the role of others in causing or preventing injuries at school
	<p>Violence Prevention</p> <p>Understand the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety.</p>	<ul style="list-style-type: none"> Describe what bullying is and how to identify it. Discuss and demonstrate ways to safely stand up to bullying, advocate for yourself and others when bullied, and to report bullying/get help. Explain the benefits of and demonstrate positive, direct, respectful, and assertive communication with family and friends . 	<ul style="list-style-type: none"> Explain the difference between teasing and taunting and when these actions can be considering bullying. Identify and demonstrate steps to resolve conflicts in a variety of situations. Explain the importance of seeking assistance from a trusted adult when in an unsafe or uncomfortable situation and how to identify trusted adults at home, in school, and in the community. 	<ul style="list-style-type: none"> Define and describe harassment. Identify and practice ways to respond to and report harassing behaviors. Define cyberbullying and its effect on one's health. Identify and practice ways to respond to and report cyberbullying and how to offer support and friendship to someone who is being cyberbullied. Identify and demonstrate effective verbal and nonverbal communication skills for

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				<p>resolving conflict situations in school and at home.</p> <ul style="list-style-type: none"> Recognize the influence of violence in the media.
	<p>Substance Abuse Prevention</p> <p>Understand the difference between use and misuse of different substances and their impact on health.</p>	<ul style="list-style-type: none"> Describe the proper and improper use of prescription and nonprescription medication, the consequences of disregarding medical recommendations. Identify body systems that are affected by the use of alcohol, tobacco, nicotine products, common household inhalants, and other drugs and substances. Determine the importance of and demonstrate effective resistance/refusal skills for saying no to using harmful substances. 	<ul style="list-style-type: none"> Compare the short- and long-term consequences of the use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs Examine the factors that can influence an individual's decision to use or avoid alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs including peer pressure. Determine the importance of and demonstrate effective resistance/refusal skills for saying no to using harmful substances. 	<ul style="list-style-type: none"> Analyze the effects of the use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs on relationships with family, peers, and other individuals. Explain the connection between mental health and substance abuse and describe how to get help and assistance with mental health and substance abuse problems. Identify prevention resources and strategies for avoiding alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs.
	<p>Community/ Environmental Health</p> <p>Describe ways in which safe and healthy school and community environments can promote personal health.</p>	<ul style="list-style-type: none"> Explain what happens with waste and recycled materials and analyze how reducing, reusing, and recycling promotes a healthier environment. Demonstrate ways to reduce, reuse, and recycle at home, at school, and in the community. 	<ul style="list-style-type: none"> Describe the effects of water pollution on health and develop strategies to reduce water pollution. Identify community health issues, possible solutions for this issue, and volunteer opportunities to address this issue. 	<ul style="list-style-type: none"> Describe the effects of air and noise pollution on health and the environment. Describe strategies to decrease the impact of air quality and noise pollution on body functions and the environment.