Arizona Health

Grades 3, 4, 5

Adopted 2009

Comprehension of Health Promotion and Disease Prevention Concepts

1: Understand Relationship Between Health Behaviors and Health

PO 1. Describe the relationship between healthy behaviors and personal health

2: Understanding Multiple Dimensions of Health

PO 1. Identify examples of emotional, intellectual, physical, and social health

3: Understanding Personal Health

PO 1. Describe ways in which a safe and healthy school and community environment can promote personal health.

PO 2. Describe the key nutrients contained in the food groups and how these nutrients affect health and learning

PO 3. Describe how physical activity impacts health

4: Understanding Prevention of Injuries and Health Problems

PO 1. Describe ways to prevent common childhood injuries and health problems

5: Understanding Use of Health Care

PO 1. Describe when it is important to seek health care

Analysis of Factors Affecting Health Behaviors

1: External Influences on Personal Health

PO 1. Describe how the family influences personal health practices and behaviors

PO 2. Identify the influence of culture on health practices and behaviors

PO 3. Describe how peers can influence healthy and unhealthy behaviors

PO 4. Describe how the school and community can support personal health practices and behaviors

PO 5. Explain how media influences thoughts, feelings, and health behaviors

PO 6. Describe ways that technology can influence personal health

Access to Health Information, Products, and Services to Enhance He

1: Knowledge of Sources of Help

PO 1. Identify characteristics of valid health information, products, and services

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Accessing Help

PO 1. Locate resources from home, school, and community that provide valid health information

Use of Interpersonal Communication Skills to Enhance Health

1: Communication to Enhance Help

PO 1. Demonstrate effective verbal and nonverbal communication skills to enhance health

PO 2. Demonstrate refusal skills that avoid or reduce health risks

2: Self Protection and Dealing with Conflict

PO 1. Demonstrate nonviolent strategies to manage or resolve conflict

3: Asking for Help

PO 1. Demonstrate how to ask for assistance to enhance personal health

Use of Decision-Making Skills to Enhance Health

1: Influences on Health Decision Making

PO 1. Identify circumstances that can help or hinder healthy decision making

2: Application of Decision-Making Skills to Health

PO 1. Identify health-related situations that might require a thoughtful decision

PO 2. Analyze when assistance is needed when making a health-related decision

PO 3. List healthy options to health-related issues or problems

PO 4. Predict the potential outcomes of each option when making a health-related decision

PO 5. Choose a healthy option when making a decision

PO 6. Describe the outcomes of a health-related decision

Use of Goal-Setting Skills to Enhance Health

2: Health-Related Goal Setting

PO 1. Set a personal health goal and track progress toward its achievement

PO 2. Identify resources to assist in achieving a personal health goal

Ability to Practice Health-Enhancing Behaviors

1: Personal Responsibility for Health

PO 1. Identify responsible personal health behaviors

2: Healthy Practices and Behaviors

PO 1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health

PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks

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Personal Advocacy

PO 1. Express opinions and give accurate information about health issues

PO 2. Encourage others to make positive health choices