Delaware Health and Physical Education

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.

Sti de

Skip to main content

ecision making is a process that impacts health

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

to use decision-making skills to enhance health.	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.
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.
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.
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.