Idaho Health

Grades 3, 4, 5

Adopted 2010

Comprehend Core Concepts

1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

1. Describe the relationship between healthy behaviors and personal health. 3-5.H.1.1.1
2. Identify examples of emotional, intellectual, physical, and social health. 3-5.H.1.1.2
3. Describe ways in which a safe and healthy school and community environment can promote personal health. 3-5.H.1.1.3
4. Describe ways to prevent common childhood injuries and health problems. 3-5.H.1.1.4
5. Describe when it is important to seek health care. 3-5.H.1.1.5
6. Describe the impact of health behaviors on body systems. 3-5.H.1.1.6

Analyzing Influences

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

1. Describe how the family influences personal health practices and behaviors. 3-5.H.2.1.1
2. Identify the influences of culture on health practices and behaviors. 3-5.H.2.1.2
3. Identify how peers can influence healthy and unhealthy behaviors. 3-5.H.2.1.3
4. Describe how the school and community can support personal health practices and behaviors. 3-5.H.2.1.4
5. Describe ways that technology can influences personal health. 3-5.H.2.1.5

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Accessing Information	**1.1:**	**Students will demonstrate the ability to access valid information and products and services to enhance health.** 1. Identify characteristics of valid health information, products, and services. 3-5.H.3.1.1 2. Locate resources from home, school, and community that provide valid health information. 3-5.H.3.1.2
Interpersonal Communication	**1.1:**	**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** 1. Demonstrate effective verbal and nonverbal communication skills to enhance health. 3-5.H.4.1.1 2. Demonstrate refusal skills that avoid or reduce health risks. 3-5.H.4.1.2 3. Demonstrate nonviolent strategies to manage or resolve conflict. 3-5.H.4.1.3 4. Demonstrate how to ask for assistance to enhance personal health. 3-5.H.4.1.4
Decision Making	**1.1:**	**Students will demonstrate the ability to use decision-making skills to enhance health.** 1. Identify health-related situations that might require a thoughtful decision. 3-5.H.5.1.1 2. Analyze when assistance is needed when making a health-related decision. 3-5.H.5.1.2 3. List healthy options to health related issues or problems. 3-5.H.5.1.3 4. Predict the potential outcomes of each option when making a health-related decision. 3-5.H.5.1.4 5. Choose a healthy option when making a decision. 3-5.H.5.1.5 6. Describe the outcomes of a health related decisions. 3-5.H.5.1.6
Goal Setting	**1.1:**	**Students will demonstrate the ability to use goal-setting skills to enhance health.** 1. Set a personal health goal and track progress toward its achievement. 3-5.H.6.1.1 2. Identify resources to assist in achieving a personal health goal. 3-5.H.6.1.2
Practice Healthy Behavior	**1.1:**	**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.** 1. Identify responsible personal health behaviors. 3-5.H.7.1.1 2. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 3-5.H.7.1.2 3. Demonstrate a variety of behaviors that avoid or reduce health risks. 3-5.H.7.1.3

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Advocacy

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

1. Express opinions and give accurate information about health issues. 3-5.H.8.1.1
2. Encourage others to make positive health choices. 3-5.H.8.1.2