Indiana Health & Wellness

Grades 3-5

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

1 Healthy Behaviors

1. Describe the relationship between healthy behaviors and personal health. 3-5.1.1

2 Dimensions of Health

2. Identify examples of emotional, intellectual, physical, and social health. 3-5.1.2

3 Personal Health

3. Explain ways in which school and community environments can promote personal health. 3-5.1.3

4 Preventing Injury

4. Describe ways to prevent common childhood injuries and health problems. 3-5.1.4

5 Accessing Health Care

5. Recognize when it is important to seek health care. 3-5.1.5

6 Family History & Personal Health

No standards defined.

7 Practicing Healthy Behaviors

No standards defined.

8 Unhealthy Behavior Outcomes

No standards defined.

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

1 Family Influence on Health

1. Describe how the family influences personal health practices and behaviors. 3-5.2.1

2 School and Community Impact

2. Describe how the school and community can support personal health practices and behaviors. 3-5.2.2

ledia Influence on Health Behaviors

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3. Explain how peers, the media, including social media, can influence thoughts, feelings and healthy behaviors. 3-5.2.3

4 Peer Influence on Health Behaviors

4. Recognize how peers can influence health and unhealthy behaviors. 3-5.2.4

5 Cultural Influence on Health Behaviors

5. Identify the influence of culture on health beliefs, practices, and behaviors. 3-5.2.5

6 Technology Influence on Health Behaviors

6. Describe ways technology can influence personal health. 3-5.2.6

7 Norms Perception Influence on Health Behaviors

No standards defined.

8 Personal Values Influence on Health Behaviors

No standards defined.

9 Health Risk Behaviors

No standards defined.

10 School/Public Health Policy Influence on Health Behaviors

No standards defined.

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

1 Health Information and Services

1. Identify characteristics of valid health information, products, and services. 3-5.3.1

2 Accessing Health Information

2. Locate resources from home, school, and community that provide health information and enhance health. 3-5.3.2

3 Professional Health Services

No standards defined.

4 Locating Reliable Health Products/Services

No standards defined.

Students will demonstrate the ability to use interpersonal communication skills to en av ris.

1 Verbal/Nonverbal Communication Skills

1. Formulate effective (assertive) verbal and nonverbal communication strategies. 3-5.4.1

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istening Skills

_. Demonstrate the ability to actively listen to enhance health. 3-5.4.2

3 Expressing Needs, Wants, and Feelings

3. Explain healthy ways to express needs, wants, and feelings. 3-5.4.3

4 Communicating Care, Consideration, and Respect

4. Determine ways to communicate kindness and respect for others. 3-5.4.4

5 Health Risk Refusal Skills

5. Describe refusal skills to avoid or reduce health risks. 3-5.4.5

6 Asking for Assistance

6. Model how to ask for assistance to enhance personal health. 3-5.4.6

7 Managing Conflict

7. Analyze strategies to prevent and manage conflict. 3-5.4.7

8 Overcoming Communication Barriers

8. Recognize barriers to healthy communication. 3-5.4.8

9 Overcoming Communication Barriers

No standards defined.

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

1 Personal Health Decisions and Influences

1. Identify personal health decisions and influences. 3-5.5.1

2 Evaluating Health Information

2. Predict health risk of decisions to self and others. 3-5.5.2

3 Making Health-Related Decisions

3. Identify important steps to take when making a health related decision. 3-5.5.3

4 Health Decision Connections

4. Describe how personal health decisions are connected to subsequent decisions. 3-5.5.4

5 Personal Health Responsibility

5. Assume responsibility for personal health decisions. 3-5.5.5

6 Personal Health Decisions

No standards defined.

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1 Setting Health Goals

. Explain the benefits of planning and setting personal health goals. 3-5.6.1

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2 Achieving Health Goals

2. Develop a personal health goal and a plan to achieve it. 3-5.6.2

3 Barriers to Health Goals

3. Identify possible barriers to achieving the personal health goal. 3-5.6.3

4 Health Goal Adaptability

4. Demonstrate how to achieve the personal health goal and express awareness of possible barriers in the plan. 3-5.6.4

5 Personal Choices and Health Goals

5. Examine the impact of personal choices on the personal health goal. 3-5.6.5

6 Health Goal Support Systems

6. Identify who can help in achieving the personal health goal. 3-5.6.6

7 Health Goal Progress

7. Monitor and evaluate progress towards achieving the personal health goal. 3-5.6.7

Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1 Safety Knowledge Skills

1. Explain character traits and behaviors of a healthy and safe person. 3-5.7.1

2 Health and Safety Strengths and Needs

2. Identify specific ways to avoid or reduce health and safety risks. 3-5.7.2

3 Health and Safety Strengths and Needs

No standards defined.

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

1 Safety Concerns and Assessments

1. Identify personal, family, school, or community health and safety concerns. 3-5.8.1

2 Standing for Health/Safety Issues

2. Select a health or safety issue on which to take a stand. 3-5.8.2

3 Evidence for Health/Safety Issues

3. Locate evidence about the health or safety issue. 3-5.8.3

4 Advocating for Health Issues

4. Identify groups or others who advocate for the health issue. 3-5.8.4

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ersonal Belief for Health/Safety Issues

5. Clarify personal beliefs regarding the health or safety issue. 3-5.8.5

6 Communicating Health/Safety Issues

6. Take a clear stand or position on health-enhancing behaviors. 3-5.8.6

7 Communicating Health/Safety Issues

7. Use a communication technique to inform others about a health or safety issue. 3-5.8.7

8 Communicating Health/Safety Issues

8. Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group. 3-5.8.8