Maine Health and Physical Education

Health Education: Grade 5

Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health. HE.1

Health Concepts, Behaviors and Personal Health

1 Students predict how healthy and unhealthy behaviors affect personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention. 1.1

Dimensions of Health

1 Students explain the dimensions of health including physical, mental, social and emotional. 1.2

Health Conditions

1 Students describe ways to prevent, detect, treat, and/or manage common childhood health conditions. 1.3

Environment and Personal Health

1 Students identify current health issues that relate to one's environment and the impact on personal health. 1.4

Growth and Development

1 Students describe how their bodies grow, change, and develop physically, mentally, socially, and emotionally through adolescence. 1.5

Health Information, Products, and Services: Health literate students can demonstrate the ability to access valid health information, services, and products to enhance health. HE.2

Reliability of Resources

1 Students compare and contrast characteristics of reliable health information, products, and trusted adults. 2.1

Locating Health Resources

1 Students locate resources from home, school, and the community that provide reliable health information. 2.2

Health Promotion and Risk Reduction: Health literate students demonstrate the ability to practice health-enhancing behaviors an he others. HE.3

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Health-Enhancing Behaviors and Self-Management

1 Students demonstrate health-enhancing behaviors to improve or maintain personal health including self-management skills. 3.1

Avoiding/Reducing Health Risks

Students demonstrate a variety of behaviors to help avoid or reduce health risks to self and others. 3.2

Influences on Health: Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors. HE.4

Influences on Health Behaviors

1 Students describe how a variety of factors influence personal health behaviors including peers, family, community, culture, media, technology, and social platforms. 4.1

Effects of Health Behaviors

1 Students describe how health behaviors could influence future behaviors. 4.2

Communication and Advocacy Skills: Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health. HE.5

Interpersonal Communication Skills

1 Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology. 5.1

Advocacy Skills

1 Students demonstrate ways to share informed opinions to promote health for self and others. 5.2

Decision-Making and Goal-Setting Skills: Health literate students demonstrate the ability to make decisions and set goals to enhance health. HE.6

Decision-Making Skills

1 Students apply a decision making process to enhance health. 6.1

Goal-Setting Skills

1 Students practice the goal-setting process to achieve a personal health goal. 6.2