Tennessee Health

Health and Wellness: Grades 3, 4, 5

Adopted 2008

Personal Health and Wellness

1: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her.

- 1.1 identify effective decision making techniques;
- 1.2 identify the benefits of forming personal goals, values and standards;
- 1.3 identify the influences that help an individuals form personal goals, values and standards;
- 1.4 apply the decision-making process in developing personal goals and standards that affect family life;
- 1.5 evaluate the influence of media on decision-making process related to healthy living.

2: The student will understand the importance of personal hygiene practices as related to healthy living.

- 2.1 demonstrate the importance of personal hygiene practices;
- 2.2 describe physical/emotional/social health implications of personal hygiene;
- 2.3 identify ways to take responsibility for our personal health;
- 2.4 analyze the changes in health and hygiene needs related to adolescence.

3: The student will understand the role of body systems as related to healthy living.

- 3.1 describe the basic human body structures;
- 3.2 describe the functions of the human body systems;
- 3.3 explain how health is influenced by the interaction of human body systems.

4: The student will understand the relationship of physical activity and rest to healthy living.

- 4.1 explain the importance of participation in the recommended one hour of daily physical activity;
- 4.2 identify personal physical activity goals needed to achieve overall wellness;
- 4.3 explain the role of adequate sleep in health and performance of daily activities.

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Nutrition	**5: The student will understand the relationship of nutrition to healthy living.** 5.1 use the "My Pyramid" as a guide for choosing a variety of foods necessary for good health; 5.2 explain how personal health and body composition is influenced by balancing diet and physical exercise.
Family Life	**6: The student will understand the contributions of family relationships to healthy living.** 6.1 identify all families as unique; 6.2 demonstrate respect for the responsibilities of each person within the family; 6.3 identify how to improve family relationships; 6.4 describe how family structures change. 6.5 discuss ways that changes in the family can affect emotions; 6.6 understand cultural differences exist and influence family customs.
	7: The student will understand the stages of human growth and development. 6.1 identify changes in the body that occur throughout the life cycle; 6.2 demonstrate respect for self and others as physical changes occur at varying rates.
Emotional, Social, and Mental Health	**8: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living.** 8.1 describe how feelings affect behavior; 8.2 demonstrate respect for the unique qualities of self and others; 8.3 describe characteristics to be a responsible friend and family member; 8.4 identify positive and negative stress.
Disease Prevention and Control	**9: The student will understand attitudes and behaviors for preventing and controlling disease.** 9.1 identify common germs (pathogens); 9.2 compare and contrast communicable and non-communicable diseases; 9.3 describe ways diseases are spread and prevented; 9.4 distinguish between safe and risky behaviors as related to disease prevention.
Injury Prevention and Safety	**10: The student will understand attitudes and behaviors for preventing injuries and deaths from injury.**

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10.1 identify common causes of childhood injuries and methods of prevention (motor vehicles (includes buses and ATVs), fires and flames, drowning, hand gun injuries, falls, poisoning, choking, suffocation, strangulation, and bike/pedestrian injuries);

10.2 explain the importance of safety rules and laws;

10.3 demonstrate and explain appropriate choices related to reducing unintentional injuries.

11: The student will understand appropriate care for injuries and sudden illnesses.

11.1 describe appropriate actions for emergency and non-emergency situations;

11.2 demonstrate first aid techniques.

12: The student will understand the appropriate action to take when personal safety is threatened.

12.1 identify situations that should be reported to a trusted adult;

12.2 demonstrate self-protection skills and identify appropriate resources for help.

Substance Use and Abuse Prevention

13: The student will understand appropriate and inappropriate uses of chemical substances and the effects of substance use and abuse.

13.1 distinguish between appropriate use and the misuse/abuse of chemical substances for healthy living;

13.2 analyze the influences of peers, family, and community on chemical substance use and abuse;

13.3 evaluate the effects of substance use and abuse (e.g. tobacco, alcohol, over the counter and prescription medication, illegal drugs (including anabolic steroids and other performance enhancing drugs) on physical, mental, and social functioning;

13.4 demonstrate decision making and refusal skills;

13.5 explain how personal choices relate to health and wellness consequences;

13.6 recognize certain behaviors can lead to drug abuse and addiction (e.g. huffing, inhalant abuse, smoking, alcohol consumption, over the counter and prescription medication).

Environmental and Community Health

14: The student will recognize environmental practices, products and resources that affect personal and community health and promotes healthy living.

14.1 identify the causes and effects of different types of pollution on health;

14.2 apply the practices of "reduce, reuse, and recycle";

14.3 evaluate and select environmentally safe products;

14.4 describe ways health agencies assist in promoting health and the environment;

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14.5 explain the importance of community organizations to healthy living;

14.6 identify resources and facilities in the community that promote healthy living;

14.7 evaluate the effect of media and technology on individual, family, and community health.