

Health Education & Physical Education

Grades 3-5

Health Education

Health Literacy

Standard 1:

The student comprehends concepts related to health promotion and disease prevention. (HE.A.1.2)

1. understands the functions of human body systems.
2. knows how personal health behaviors influence individual well-being.
3. knows the indicators of physical, mental, emotional, and social health during childhood.
4. understands how the family influences personal health.
5. knows the ways in which the environment impacts health.
6. knows the most common health problems of children.
7. knows why health problems should be detected and treated early.
8. knows how childhood injuries and illnesses can be prevented and treated.
9. knows why illegal drugs should not be used and the consequences of their use.
10. knows the nutritional values of different foods.

Standard 2:

The student knows how to access valid health information and health-promoting products and services. (HE.A.2.2)

1. knows the characteristics of valid health information, products, and services.
2. knows how to locate resources from home, school, and community that provide valid health information.
3. knows how the media influence the selection of health information, products, and services.

4. knows criteria for selecting health resources, products, and services.
5. knows of the availability of stress-management resources in the home, school, and community and has access to them.

Responsible Health Behavior

Standard 1:

The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.2)

1. knows the importance of assuming responsibility for personal health habits.
2. compares behaviors that are safe to those that are risky or harmful.
3. knows and uses stress-management skills.
4. uses strategies for improving or maintaining personal health.
5. knows strategies for avoiding threatening or abusive situations.
6. knows and practices basic techniques for medical emergencies.

Standard 2:

The student analyzes the influence of culture, media, technology, and other factors on health. (HE.B.2.2)

1. knows how the media influence thoughts and feelings about health behavior.
2. understands how information from school and family influences personal health behaviors.
3. knows the ways in which technology can influence personal health.
4. understands the role of culture, age, or gender differences in personal health practices (e.g., fitness activities and food preferences).

Standard 3:

The student knows how to use effective interpersonal communication skills that enhance health. (HE.B.3.2)

1. understands the relationship between verbal and nonverbal communication (e.g., body language).
2. knows the skills needed to be a responsible friend and family member (e.g., communication and sharing).
3. knows nonviolent, positive behaviors for resolving conflict (e.g., peer mediation).
4. knows various ways to communicate care, consideration, and acceptance of self and others (e.g., by cooperating).
5. exhibits attentive listening skills to enhance interpersonal communication.
6. knows refusal and negotiation to use in potentially harmful or dangerous situations (e.g., refusing to use illegal drugs).

7. knows the difference between negative and positive behaviors used in conflict situations (e.g., talking vs. hitting, passivity vs. action).
8. knows ways to manage grief caused by disappointment, separation, or loss (e.g., loss of a pet).

Advocate and Promote Healthy Living

Standard 1:

The student knows how to use goal-setting and decision-making skills which enhance health. (HE.C.1.2)

1. knows how to apply a decision-making process to health issues and problems (e.g., decision not to use tobacco products).
2. knows appropriate sources of information for making health-related decisions (e.g., talking to parents concerning growth and development issues).
3. knows various methods for predicting outcomes of positive health decisions (e.g., life expectancy).
4. knows how to make progress toward achieving a personal goal (e.g., by creating an action plan for individual wellness).

Standard 2:

The student knows how to advocate for personal, family, and community health. (HE.C.2.2)

1. knows various methods for communicating health information and ideas (e.g., through oral or written reports).
2. knows ways to effectively express feelings and opinions on health issues.
3. knows the community agencies that advocate healthy individuals, families, and communities (e.g., health department and volunteer agencies).
4. knows how to positively influence others to make positive choices.
5. knows various ways individuals and groups can work together.
6. knows how to enlist family, school, and community helpers to aid in achieving health goals.