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| Health Influences | |
| Anchor Standard:   * Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Standard 2) | |
| 4 | Students independently exceed grade level expectations. |
| 3  Learning Goal | 1. Explain how peers can influence healthy and unhealthy behaviors. (2.5.3) 2. Explain how media influences thoughts, feelings, and health behaviors. (2.5.5) |
| 2 | 1. Identify healthy and unhealthy behaviors. 2. Classify thoughts, feelings, and health behaviors in the media. |
| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | *Peers, influences, healthy, unhealthy, behaviors, media, feelings* |

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| Health Advocacy | |
| Anchor Standard:   * Students will demonstrate the ability to use decision-making skills to enhance health. (Standard 5) | |
| 4 | Students independently exceed grade level expectations. |
| 3  Learning Goal | * 1. Analyze when assistance is needed in making a health-related decision. (5.5.2)   2. Choose a healthy option when making a decision. (5.5.4)   3. Predict the potential outcomes of each option when making a health-related decision. (5.5.4) |
| 2 | * 1. Describe the outcomes of a health-related decision. (5.5.6)   2. List healthy options to health-related issues or problems (5.5.3)   3. Identify health-related situations that might require a thoughtful decision. (5.5.1) |
| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | Assistance, health-related decisions, healthy, unhealthy, outcomes, health related issues |

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| Healthy Lifestyle | |
| Anchor Standard:   * Students will demonstrate the ability to use goal-setting skills to enhance health. (Standard 6) | |
| 4 | Students independently exceed grade level expectations. |
| 3  Learning Goal | **A. Create an action plan to assist in achieving a person health goal.**  ANALYSIS |
| 2 | 1. Identify resources to assist in achieving a personal health goal. (6.5.2) |
| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | *Goal setting, action plan, health plan, assist, resources* |