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| Health Influences |
| Anchor Standards:* + Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Standard 1)
 |
| 4 | Students independently exceed grade level expectations. |
| 3Learning Goal | 1. Identify that healthy behaviors impact personal health. 1.2.1
2. Recognize that there are multiple dimensions of health. 1.2.2
 |
| 2 | 1. Define healthy behaviors and personal health
2. Define the eight dimensions of health
 |
| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | Healthy behaviors, personal health, health dimensions |

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| Health Advocacy |
| Anchor Standards: * Students will demonstrate the ability to access valid information, products, and services to enhance health. (Standard 3)
 |
| 4 | Students independently exceed grade level expectations. |
| 3Learning Goal | 1. Identify trusted adults and professionals who can help promote health. 3.2.1
2. Identify ways to locate school and community health helpers. 3.2.2
 |
| 2 | 1. Define criteria for trusted adults and professionals.
2. Define health resources located at school and community.
 |
| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | Trusted adults, professionals, promote health, school health helpers, community health helpers |

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| Healthy Lifestyle |
| Anchor Standards: * Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (Standard 4)
* Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (Standard 7)
 |
| 4 | Students independently exceed grade level expectations. |
| 3Learning Goal | * 1. **Demonstrate healthy ways to express needs, wants, and feelings. 4.2.1**
	2. **Demonstrate listening skills to enhance health. 4.2.2**
	3. **Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.2.1**
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| 2 | 1. Define needs, wants, and feelings
2. Define criteria for listening skills
3. Identify health practices and behaviors
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| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | Needs, wants, feelings, listening skills, health practices, behaviors |