|  |  |
| --- | --- |
| 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. |
| 3  Learning 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 |

|  |  |
| --- | --- |
| 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. |
| 3  Learning 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 |

|  |  |
| --- | --- |
| 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. |
| 3  Learning 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** |
| 2 | 1. Define needs, wants, and feelings 2. Define criteria for listening skills 3. Identify health practices and behaviors |
| 1 | Student’s performance not yet meeting grade level expectations. |
| Academic Vocabulary | Needs, wants, feelings, listening skills, health practices, behaviors |