

GROWTH & DEVELOPMENT

Students will comprehend concepts related to health promotion to enhance good health.

Grade 3 Indicators	Grade 4 Indicators	Grade 5 Indicators
<ol style="list-style-type: none">1. Understand that physical exercise supports learning and memory.2. Participate in daily physical activity 20 - 30 minutes.3. Recognize the need for 10 hours of sleep each night.4. Set personal growth and development goals and track progress toward their achievement.5. Role play health related activities with their potential outcomes.6. Describe possible outcomes of different health - related decisions.7. Practice choosing healthy options when making a decision.8. Access how one feels (headache, upset stomach, etc.) and determine what to do next.	<ol style="list-style-type: none">1. Describe the relationship between healthy behaviors and personal health.	<ol style="list-style-type: none">1. Understand that physical exercise supports learning and memory.2. Participate in daily physical activity for 20 to 30 minutes.3. Recognize the need for 10 ½ hours of sleep.4. Identify responsible personal health goals.5. Set a personal healthy living goal and track progress toward its achievement.6. Recognize physical changes that accompany the onset of puberty.7. Understand that physical changes are normal and healthy.8. Appreciate the importance of living a chaste lifestyle. cf. <u>Human Sexuality Handbook</u> from Religious Education

NUTRITION**Students will comprehend concepts related to maintaining well balanced nutrition.****Grade 3 Indicators**

1. Recognize that the human body and brain need water and healthy liquids to work the way they should.
2. Recognize that the human body and brain need proper nutrition.

Grade 4 Indicators

1. Learn the five nutrient groups, their food sources and importance to the body.
 1. Plan a total day's balanced diet including the 'Nineteen Super Foods.'
 2. Describe the role of any five major nutrients in maintaining a healthy body.
 3. Evaluate common foods for the occurrence of these nutrients.

Grade 5 Indicators

1. Recognize the need for water and healthy liquids for our body to work the way it should.
2. Recognize the need for nutrition for our body and brain to grow.
3. Learn the five nutrient groups, their food sources, and importance to the body.
4. Describe the role of major nutrients in the body and evaluate common foods for their nutritional value.
5. Describe the role of fiber in the body and list sources of fiber.
6. Commit to eating servings from "Nineteen Super Foods" each day. (Milk Group - 3; Meat Group - 2; Vegetable Group - 5; Fruit Group - 3; Grain Group - 3)
7. Identify consequences of inadequate nutrition including mineral and protein deficiencies.
8. Identify cardiovascular consequences of a high-fat diet.
9. Compare and contrast forms of food preparation (fast food, processed food, home cooking, food from the microwave, etc.).
10. Discuss the positive and negative effects of food additives.

Grade 3 Indicators

Grade 4 Indicators

Grade 5 Indicators

11. Understand that sugars (including corn syrup) and starches are carbohydrates.
12. Explain the difference between saturated and unsaturated fats with an emphasis on understanding cholesterol. Describe how fats affect the body.
13. Explain the physical and psychological consequences related to unsound weight loss.
14. Understand the dynamics and dangers of eating disorders (anorexia nervosa, bulimia, obesity, etc.).
15. Set a personal nutrition goal and track progress toward its achievement.

HYGIENE

Students will comprehend and practice health-enhancing hygienic behaviors.

Grade 3 Indicators

- 1. Demonstrate cleanliness regarding the care of skin, hair, nails, eyes and ears.
- 2. Understand the importance of practicing good dental health.
- 3. Prevent the spread of germs by handwashing and covering sneezes and coughs.
- 4. Assess how one feels (headaches, upset stomach, etc.) and determine what to do.

Grade 4 Indicators

No Indicators.

Grade 5 Indicators

- 1. Prevent the spread of germs by frequent and proper hand washing and covering sneezes and coughs.
- 2. Recognize the need for ongoing professional medical care.
- 3. Explain the cause and treatment of acne.
- 4. Know the importance of proper genital hygiene.

SAFETY

Students will comprehend and exhibit safe practices to avoid or reduce health and safety risks.

Grade 3 Indicators

Grade 4 Indicators

Grade 5 Indicators

No Indicators.

No Indicators.

No Indicators.

FIRST AID

Students will comprehend procedures and first aid practices in the event of an injury or emergency situation.

Grade 3 Indicators

No Indicators.

Grade 4 Indicators

1. Practice appropriately responding when someone is sick or hurt.
2. Demonstrate the appropriate care of a minor cut.
3. Describe and be able to follow the rules for emergency care.
4. Understand the importance of not moving a victim with a possible head or spinal injury.
5. Know three types of burns and the first aid required for each burn.
6. Discuss the dangers of ultraviolet light rays to the skin.

Grade 5 Indicators

No Indicators.

DISEASES & DISORDERS

Students will comprehend basic facts concerning diseases and disorders that can adversely impact good health.

Grade 3 Indicators

No Indicators.

Grade 4 Indicators

No Indicators.

Grade 5 Indicators

No Indicators.

COMMUNITY IN THE CLASSROOM

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

Grade 3 Indicators

1. Understand that feelings of belongings help everyone in the class learn.
2. Know that active listening is listening to understand.
3. Practice active listening during classroom lessons.
4. Practice active listening while sharing in a community circle.
5. Understand that empathy results from understanding that classmates feel the same things.
6. Build caring relationships within the classroom.

Grade 4 Indicators

1. Build community in the classroom.
2. Share in community circle settings.

Grade 5 Indicators

No Indicators.

SELF RESPECT

Students will exhibit positive self talk and body language.

Grade 3 Indicators

Grade 4 Indicators

Grade 5 Indicators

No Indicators.

No Indicators.

No Indicators.

SOCIAL EMOTIONAL

Students will demonstrate with words and actions that each person is unique; and will recognize feelings and emotions that all individuals exhibit.

Grade 3 Indicators

No Indicators.

Grade 4 Indicators

1. Determine ways people are different from each other due to heredity and experiences.
2. Define "peer" and "friend."
3. Understand that all people have an emotional intelligence that includes self awareness, motivation and empathy.
4. Understand that one important way to show empathy is by listening to understand.
5. Practice strategies for maintaining positive relationships with 'peers', including courtesy and listening.
6. Practice using strategies to resist peer pressure.
7. Discuss various emotions that all people share.
8. Discuss threats that might exist in the classroom and ways to eliminate them.
9. Understand that emotion determines human attention which in turn determines learning, memory and problem solving.
10. Practice using L.I.F.E. Guidelines and Lifeskills.

Grade 5 Indicators

No Indicators.

DRUGS	Students will comprehend the basic facts concerning drugs and will demonstrate the ability to practice health-enhancing behaviors and decisions to avoid or reduce health risks.
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Grade 3 Indicators	Grade 4 Indicators	Grade 5 Indicators
<ol style="list-style-type: none"> 1. Define tobacco, alcohol, over the counter medications and prescriptions as drugs. 2. Explain the difference between prescription and over the counter medicine. 3. Discuss times when a drug related decision might be needed. 4. Understand the need for safe storage of prescription and over the counter medicines. 5. Understand why it is unsafe to take another person’s prescription medication. 6. Understand that it is only safe to use prescriptions and over the counter medications when parents or trusted adults give them to you. 7. Recognize the need for ongoing professional medical care. 	<ol style="list-style-type: none"> 1. Know basic information about drugs along with specific effects and dangers of commonly used drugs. 2. Know that prescription medications and over the counter medications are drugs. 3. Understand possible consequences of misusing drugs, including their spiritual, physical, mental and emotional effects on the body and mind. 4. Understand possible consequences if drugs are stolen or misused, including legal and financial. 5. Understand the health benefits of using only medications that are prescribed for you. 	<ol style="list-style-type: none"> 1. Understand the difference between prescription and over-the-counter medications. 2. Classify alcohol, nicotine, caffeine, prescription medications and over-the-counter medications as drugs. 3. Understand the difference between use, misuse, abuse, and dependency on drugs. 4. Explain the stages of addiction. 5. Classify the categories of drugs (depressants, stimulants, hallucinogens, and inhalants). Describe their effects and consequences on the body and mind. 6. Set a goal to make healthy choices regarding the use of tobacco, alcohol, and other drugs. 7. Compare and contrast the effects on a person’s health of not using tobacco, alcohol, and other drugs with the consequences of using them. 8. Practice using strategies to resist peer pressure to use tobacco, alcohol, and other drugs. 9. Discuss reasons people give for use of legal and illegal drugs. 10. Be familiar with current laws and their consequences regulating the use of alcohol, tobacco and other drugs.

