

STANDARDS FOR HEALTH AND WELLNESS: GRADE 5

CATALINA FOOTHILLS SCHOOL DISTRICT

Standard 1: Essential Health Concepts

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HW.5.1.1 Explain how emotional (for example: communicating with others, managing emotions and stress, feeling good about oneself), intellectual (for example: problem solving, decision making), physical (required: sun safety; for example: exercise and eating healthy), and social health (for example: developing friendship, positive group interactions) are interconnected (See CFSD Systems Thinking skills and traits).

HW.5.1.2 Describe the key nutrients contained in the food groups and how these nutrients affect health and learning (for example: using nutritional labels, food requirements: vegetables, fruits, grains, dairy, protein, healthy fats).

HW.5.1.3 Describe how physical activity impacts health (for example: how physical activity affects how you feel, how it affects hearts, lungs, muscles, weight; use of target rate). [Connect to Physical Education]

Standard 2: Analyzing Influences

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HW.5.2.1 Describe how peers can influence healthy and unhealthy behaviors (for example: alcohol, drugs, peer meal patterns, what games are played, after school activities: soccer, yoga, football versus video games).

HW.5.2.2 Explain how media influences thoughts, feelings, and health behaviors on eating patterns and body image (for example: media influences (marketing approaches, slogans, logos, messages, commercials).

HW.5.2.3 Describe ways that technology can influence personal health (for example: early detection of disease, medical technology: insulin pumps, epi-pen, inhalers, how too much time on the Internet limits time for physical activity).

Standard 3: Accessing Valid Information and Services

Demonstrate the ability to access valid information and products or services to enhance health.

HW.5.3.1 Locate resources from home, school, and community that provide valid health information (for example: personal and family health records, vaccination records).

HW.5.3.2 Compare and contrast valid and invalid information, justifying the validity or invalidity.

Standard 4: Interpersonal Communication

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HW.5.4.1 Demonstrate refusal skills that avoid or reduce health risks in unsafe situations (for example: refuse something that makes you feel uncomfortable, how to say “no” to peer pressure: walk away/ignore, make an excuse, provide a better idea; required: being bullied or witnessing bullying, harassment, when approached by a stranger, resisting pressure to avoid alcohol, tobacco, and other drugs; inappropriate touches). [Connect to Developmental Guidance]

HW.5.4.2 Demonstrate nonviolent strategies to manage or resolve conflict (for example: walk away from conflict, “I message,” active listening, asking an adult for help, strategies to calm down: counting to 10, taking a break, drawing a picture, talking to someone, taking a walk).

Standard 5: Decision Making

Demonstrate the ability to use decision-making skills to enhance health.

HW.5.5.1 Distinguish between healthy and unhealthy options when making a decision about health-related issues and problems (for example: healthy eating options, smoke free environment, exercise habits, personal hygiene, regular doctor/dentist visits, required vaccinations, tobacco, drugs, alcohol).

HW.5.5.2 Predict the potential outcomes of each option when making a health-related decision (for example: smoking, drug and alcohol use, eating habits, exercise, personal hygiene).

HW.5.5.3 Describe how to use a decision-making process to make a decision.

Standard 6: Goal Setting

Demonstrate the ability to use goal-setting skills to enhance health.

HW.5.6.1 Set a personal health goal based on a self-assessment, and track progress toward its achievement (for example: list how many fruits/vegetables you eat a day, how much exercise you get a week, hours of TV and or video games played, using deodorant). [Connect to Physical Education and Self-regulation]

HW.5.6.2 Define and recognize personal best in reaching individual health goals.

Standard 7: Practicing Health-Enhancing Behaviors

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HW.5.7.1 Compare and contrast behaviors that can positively and/or negatively impact your health (for example: dangers of loud music to hearing, smoking, drinking, washing hands, proper sleep habits, food choices). [Connect to Standard 5]

Standard 8: Health Promotion

Demonstrate the ability to advocate for personal, family, and community health.

HW.5.8.1 Express opinions and give accurate information about health issues (for example: dangers of smoking and tobacco use). [Connect to Standards 5, 6, and 7]