Grade 5 Health Standards & Benchmarks

Standard 1
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of Grade 5
1. Explain the relationship between healthy behaviors and well-being
2. Describe the inter-relationships between emotional, intellectual, physical and social health
3. Practice and support others in choosing healthy behaviors
4. Describe ways in which a safe and healthy school and community environment can promote well-being in all dimensions
5. Describe ways to enhance all dimensions of health
6. Advocate/promote when and how it is important to seek to health care
7. Investigate how the functions of the human body systems influence health

Standard 2
Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of Grade 5
1. Identify characteristics of valid health information, products and services
2. Analyze resources from home, school and community that provide valid health information

Standard 3
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of Grade 5
1. Demonstrate a variety of responsible healthy practices and behaviors to maintain or improve personal health
2. Demonstrate a variety of behaviors that avoid or reduce health risks
3. Demonstrate a range of injury prevention and management strategies for personal health

Standard 4
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of Grade 5
1. Identify how peers can influence healthy and unhealthy behaviors
2. Explain how media influences thoughts, feelings, and health behaviors
3. Describe how the school and community can support personal health practices and behaviors
4. Describe ways that technology can influence personal health

Standard 5
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of Grade 5
1. Demonstrate effective verbal and non-verbal communication skills to enhance health
2. Accurately interpret non-verbal communications
3. Demonstrate refusal skills to avoid or reduce health risks
4. Demonstrate non-violent strategies to manage or resolve conflict
5. Discuss possible causes of conflict between youths
6. Demonstrate how to ask for assistance to enhance personal health
7. Demonstrate healthy ways to express needs, wants & feelings
8. Demonstrate ways to communicate care, consideration and respect of self and others

**Standard 6**
Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.

**By the end of Grade 5**
1. Identify health-related situations that might require a thoughtful decision
2. Analyze when assistance is needed when making a health-related decision
3. List healthy options to health-related issues or problems
4. Predict the potential outcome of each option when making a health-related decision
5. Choose and apply a healthy option when making a decision
6. Describe the outcome of a health-related decision
7. Set a personal health goal and track progress toward its achievement
8. Identify resources to assist in achieving a personal health goal
9. Evaluate barriers and enablers to achieving personal health goals

**Standard 7**
Students will demonstrate the ability to advocate for personal, family, and community health.

**By the end of Grade 5**
1. Express opinions and give accurate information about health issues
2. Encourage others to make positive health choices
3. Investigate community agencies that advocate for healthy individuals, families, and communities