



**HEALTH**  
**FIFTH GRADE**  
**17.00600**

## Fifth Grade Health Education Standards

### 17.00600

*Students in fifth grade develop more sophistication in understanding health issues and practicing health skills. They apply health skills and strategies to improve or maintain personal and family health. Students begin to understand adolescent health issues and concerns and the relationship between choices and consequences. They understand how to be a positive role model and the impact of positive and negative peer pressure. Injury prevention behaviors are demonstrated at school and elsewhere. Students are resourceful and discriminating in accessing and critiquing health information.*

#### **HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

**Description:** Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Fifth grade students will describe healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan.

- a. Describe the relationship between healthy behaviors and personal health.
- b. Describe ways to prevent common injuries and health problems
- c. Describe when it is important to seek health care

#### **HE5.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fifth grade students will examine how the family, peers, culture, and media influence personal and family health. Students will begin to examine their personal values, beliefs, and perceived norms as they relate to health behaviors.

- a. Examine the influence of family and peers on personal health behaviors and decisions.
- b. Explain how media/technology influences thoughts, feelings, and health behaviors.
- c. Describe how the home, school, and community culture can influence personal health.

#### **HE5.3: Students will demonstrate the ability to access valid information and products and services to enhance health.**

**Description:** Students will access valid health information and health-promoting products and services. Fifth grade students will describe school and community services that promote healthy living.

- a. Identify characteristics of valid health information, products, and services.
- b. Locate resources from home, school, and community that provide valid health information.

**HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Fifth grade students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students will analyze verbal and nonverbal communication skills which can help maintain healthy personal relationships

- a. Apply effective verbal and nonverbal communication skills to enhance health.
- b. Practice nonviolent strategies to manage or resolve conflicts.
- c. Demonstrate how to ask for assistance to enhance personal health and the health of others.

**HE5.5: Students will demonstrate the ability to use decision-making skills to enhance health.**

**Description:** Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Fifth grade students will identify health-related situations and analyze the importance of seeking assistance before making a decision.

- a. Identify health-related situations that might require a thoughtful decision.
- b. Analyze when assistance is needed in making a health-related decision.
- c. List healthy options to a health-related issue or problem.
- d. Predict the potential outcomes of each option when making a health-related decision.
- e. Choose a healthy option when making a decision.
- f. Describe the outcomes of a health-related decision.

**HE5.6: Students will demonstrate the ability to use goal-setting skills to enhance health.**

**Description:** Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Fifth grade students will set personal health goals, track progress of the goals, and identify resources to assist them in achieving the goals.

- a. Set a personal health goal and track progress toward its achievement.
- b. Identify and utilize resources to assist in achieving a personal health goal

**HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fifth grade students will perform healthy behaviors and avoid and/or reduce risky behaviors.

- a. Practice responsible personal health choices.
- b. Demonstrate a variety of healthy practices and behaviors to preserve or enhance personal health.
- c. Perform a variety of behaviors that prevent or decrease health risks.

**HE5.8: Students will demonstrate the ability to advocate for personal, family, and community health.**

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Fifth grade students will express opinions on health issues and encourage others to adopt health enhancing behaviors.

- a. Review accurate information and develop an opinion about a health issue.
- b. Illustrate how to assist others to make positive health choices.