

The Hinsdale School District Health Curriculum is based on National and State Standards as well as information from the Centers for Disease Control, information on prevention of adolescent risk behaviors and best practices in health education content areas. All of the above are inter-related and reflected in the curriculum document.

Grades 3-5

Curriculum Guideline # 1	Students will comprehend concepts related to health promotion and disease prevention.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies concepts related to physical well being, nutrition, rest and recovery, and hygiene.	Students will engage in activities that ensure good health, i.e. wash hands; 60 minutes of physical activity; cover your sneeze; healthy food choices; etc.	Question and Answer Observation
Understands how to prevent injuries and illnesses such use of appropriate safety equipment; when to go to the Doctor; etc.	To avoid injury and illness	Following safety rules Observation Question and Answer Quizzes
Understands basic health terms and concepts	Students will know terms and applications to a healthy lifestyle.	Observation Question and Answer Quizzes

Curriculum Guideline # 2

Students will demonstrate the ability to access valid health information and health-promoting products and services.

PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies resources from home, school and community that provide health information.	Students know where to go when they have a health question.	Observation Question and Answer
Understands the influence of media on health choices.	Students are aware of the power of media to influence their choices.	Observation Question and Answer Discussion
Understands the meaning of basic signs, symbols, and warning labels (cross bones, triangle, etc.).	Students will avoid dangerous products.	Observation Question and Answer Discussion

Curriculum Guideline # 3	Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies ways to avoid trouble and to seek help in threatening situations.	Students will know what to do in a harmful situation.	Role Play Discussion Question and Answer
Identifies good personal hygiene skills including but not limited to: teeth brushing, bathing, hand washing, hair washing and brushing, cleaning finger nails, etc.	Students will be able to utilize the personal hygiene skills needed to stay healthy.	Role Playing Discussion Question and Answer
Identifies the skills needed to avoid injury: playground safety, road crossing, seat belts, buddy plan, etc.	Students will remain safe while engaged in activities.	Role Play Discussion Question and Answer
Understand that as they get older their bodies will go through changes.	Students will gain the knowledge that their bodies will go through changes at various times during puberty, and that these changes are based on heredity factors.	Role Play Discussion Question and Answer

Curriculum Guideline # 4	Students will analyze the influence of culture, media, technology and other factors on health.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies how media, technology and cultural backgrounds influence their health.	Students understand that there are many factors that influence their decision making.	Question and Answer Observation
Identifies how family structure influences personal health behaviors.	Students understand that all aspects of the family structure influence their decision making and overall health; such as: physical activity, nutrition, leisure activities, and rest.	Question and Answer Observation

Curriculum Guideline # 5

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

PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies verbal and nonverbal communication to express needs, wants and feelings.	Students will understand verbal and nonverbal cues in order respond appropriately to the situation.	Observation Question and Answer Role Play
Identifies positive ways to resolve conflicts.	Students appropriately and know when to seek adult intervention.	Observation Question and Answer Role Play
Identifies skills needed in order to communicate care, respect of self and others.	Students will develop skills necessary for enhancing health and interpersonal relationships.	Observation Question and Answer Role Play
Identifies ways to say “no” when appropriate.	Students will understand when and where to use refusal skills.	Observation Question and Answer Role Play

Curriculum Guideline # 6

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

PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Explains when and who to ask for assistance in making health related decisions and setting goals.	Students can identify adults who can help them make health related decisions.	Observation Question and Answer Role Play
Predicts outcomes of positive health decisions.	Students understand that decisions will affect their health.	Observation Question and Answer Role Play Thinking Map
Demonstrates the ability to apply a decision making process; identify the problem, review the choices, evaluate the consequences, assess the best choice, reflection.	Students understand that there are steps to a decision making process.	Observation Question and Answer Role Play Thinking Map
Demonstrates the ability to set short term personal health goals.	Students can make choices that work towards improving their health. Students understand the benefit of setting a goal and working towards it.	Observation Question and Answer Role Play Thinking Map

Curriculum Guideline # 7	Students will demonstrate the ability to advocate for personal, family, and community health.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Demonstrate the ability to share and explain accurate health information.	Students can differentiate between accurate and in-accurate information.	Observation Question and Answer Skits Posters Thinking Maps