

Health, Grades 3-5	
Standard 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
21st Century Learning Expectations: <ul style="list-style-type: none"> Hinsdale students will recognize and demonstrate the importance of whole person wellness 	
Enduring Understandings: Living a long and healthy life.	
Learning Competencies	Essential Questions
<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Describe the relationship between healthy behaviors and personal health. Identify examples of emotional, intellectual, physical, and social health Describe ways in which safe and healthy school and community environments can promote personal health. Describe ways to prevent common childhood injuries and health problems. Describe when it is important to seek health care. 	<ul style="list-style-type: none"> How can I live a healthy lifestyle so I don't get sick? What do I do when I get sick?

Health, Grades 3-5	
Standard 2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	
21st Century Learning Expectations: <ul style="list-style-type: none"> Hinsdale students will recognize and demonstrate the importance of whole person wellness 	
Enduring Understandings: Understanding how outside factors can affect one's health.	
Learning Competencies	Essential Questions
<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Describe how family influences personal health practices and behaviors. Identify the influence of culture on health practices and behaviors. Identify how peers can influence healthy and unhealthy behaviors Describe how the school and community can support personal health practices and behaviors. Explain how media influences thoughts, feelings, and health behaviors. Describe ways that technology can influence personal health. 	<ul style="list-style-type: none"> How do others (my friends and family, culture, etc.) influence and impact my health?

Health, Grades 3-5 – standard 3	
Standard 3 Students will demonstrate the ability to access valid information, products, and services to enhance health.	
21st Century Learning Expectations: <ul style="list-style-type: none"> Hinsdale students will recognize and demonstrate the importance of whole person wellness 	
Enduring Understandings: Knowing where to find beneficial resources to help me live a long and healthy life.	
Learning Competencies	Essential Questions
<i>Students will be able to:</i> <ul style="list-style-type: none"> Identify characteristics of valid health information, products, and services. Locate resources from home, school, and community that provide valid health information. 	<ul style="list-style-type: none"> Where can I find good resources that will help me lead a healthy life?

Health, Grades 3-5 – standard 4

Standard 4

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

21st Century Learning Expectations:

- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Understand how to communicate to enhance health emotionally and physically

Learning Competencies

Students will be able to:

- Demonstrate effective verbal and nonverbal communication skills to enhance health.
- Demonstrate refusal skills that avoid or reduce health risks.
- Demonstrate nonviolent strategies to manage or resolve conflict.
- Demonstrate how to ask for assistance to enhance personal health.

Essential Questions

- What communication skills do I need to have so that I can live a healthy life?

Health, Grades 3-5 – standard 5

Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

21st Century Learning Expectations:

- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

How to make a health related decision using multiple resources.

Learning Competencies

Students will be able to

- Identify health-related situations that might require a thoughtful decision.
- Analyze when assistance is needed in making a health-related decision.
- List healthy options to health-related issues or problems.
- Predict the potential outcomes of each option when making a health-related decision.
- Choose a healthy option when making a decision.
- Describe the outcomes of a health-related decision.

Essential Questions

- What will I do/say that will show I know how to make healthy decisions?

Health, Grades 3-5 – standard 6

Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

21st Century Learning Expectations:

- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Knowing how to make a realistic and beneficial health goal for oneself

Learning Competencies

Students will be able to:

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

Essential Questions

- How do I make a realistic and beneficial health goal for myself?

Health, Grades 3-5 – standard 7	
Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
21st Century Learning Expectations: <ul style="list-style-type: none"> • Hinsdale student will take responsibility for their own learning • Hinsdale students will recognize and demonstrate the importance of whole person wellness • Hinsdale students will demonstrate responsibility for their actions and choices 	
Enduring Understandings: My behavior impacts my health.	
Learning Competencies	Essential Questions
<i>Students will be able to:</i> <ul style="list-style-type: none"> • Identify responsible personal health behaviors. • Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. • Demonstrate a variety of behaviors to avoid or reduce health risks. 	<ul style="list-style-type: none"> • How does my behavior impact my ability to live a healthy lifestyle ?

Health, Grades 3-5 – standard 8

Standard 8

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

21st Century Learning Expectations:

- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Being healthy is important at all levels.

Learning Competencies

Students will be able to:

- Express opinions and give accurate information about health issues.
- Encourage others to make positive health choices.

Essential Questions

- What will I do/say that will show I want everyone to be healthy?