

Academy for Character Education

Student's Name: _____

Date Submitted: _____

4th - 5th GRADE HEALTH CONTENT STANDARDS		
HEALTH SKILLS		DATE(S) TAUGHT
	Identify & access resources at home, school, in the community for health & safety information.	
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	Demonstrate management skills to prevent unsafe situations & promote behaviors that enhance health & safety.	
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	Analyze influences on health & well being (e.g., culture, family, media, technology, peers, body image, emotions, & physical environment).	
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	Use communication skills to help self & others avoid unsafe situations & promote healthy behaviors.	
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	Use a goal setting model to set goals that enhance health & safety.	
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	Use a decision making model to make positive health & safety decisions.	
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4th - 5th GRADE HEALTH CONTENT STANDARDS

	Advocate for the benefits of safe & healthy actions & environments at home, at school, & in the community.	
ALCOHOL, TOBACCO, & OTHER DRUG USE PREVENTION		
	Identify school policies & community laws related to alcohol, tobacco, & other drug use, possession, and sales.	
	Create an advocacy campaign at school to follow school rules regarding alcohol & tobacco use.	
PROMOTION OF HEALTHY EATING		
	Explain how healthful eating habits can lead to wellness.	
	Describe how media, cultural & family influences encourage healthy eating practices.	
PROMOTION OF SEXUAL HEALTH		
	Describe physical, social, & emotional changes that occur during puberty.	

4th - 5th GRADE HEALTH CONTENT STANDARDS

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	<p>Identify people in the school or community who could provide valid health information about the changes that occur during puberty.</p>	
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UNINTENTIONAL UNJURY PREVENTION		
	<p>Identify ways to prevent fires and reduce the risk of injuries in case of fire.</p>	
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	<p>Access information on the nature of fire, how fires start, fire's destructiveness and how fires can be prevented.</p>	
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	<p>Demonstrate how to respond to peers who may encourage you to misuse fire or fireworks.</p>	
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VIOLENCE AND SUICIDE PREVENTION		
	<p>Explain the role problem solving, anger management and impulse control have on preventing violence.</p>	

4th - 5th GRADE HEALTH CONTENT STANDARDS

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	Demonstrate steps of problem solving, anger management, and impulse control.	
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Parent signature verifying instruction: _____