

Academy for Character Education

STUDENT'S NAME: _____

DATE SUBMITTED: _____

K - 3rd GRADE HEALTH CONTENT STANDARDS

HEALTH SKILLS		DATE(S) TAUGHT
	Identify & access resources for basic health & safety information.	
	----- ----- ----- ----- -----	
	Demonstrate ways to avoid unsafe situations & practice healthy behaviors.	
	----- ----- ----- ----- -----	
	Identify influences on health related behaviors including methods of persuasion.	
	----- ----- ----- ----- -----	
	Demonstrate positive communication skills.	
	----- ----- ----- ----- -----	
	Set short-term personal goals to enhance health & safety.	
	----- ----- ----- ----- -----	
	Use a decision making model to make decisions that enhance health & safety.	
	----- ----- ----- ----- -----	
	Advocate for healthy & safe behaviors at home & at school.	
	----- ----- ----- ----- -----	

K - 3rd GRADE HEALTH CONTENT STANDARDS

	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
ALCOHOL, TOBACCO, & OTHER DRUG USE PREVENTION		
	Identify that alcohol & tobacco, including cigarettes, cigars, pipes, & smokeless tobaccos are harmful to one's health.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
	Demonstrate refusal skills around the use of tobacco & alcohol products.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
PROMOTION OF HEALTHY EATING		
	Recognize the importance of variety & moderation in food selection & consumption.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
	Choose a variety of foods to eat from different food groups.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
	Advocate for more fruits & vegetables at school.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
UNINTENTIONAL INJURY PREVENTION		

K - 3rd GRADE HEALTH CONTENT STANDARDS

	Identify safe behaviors when traveling to and from school and in the community.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
	Use decision-making model to plan ahead to avoid dangerous situations and injuries on the way to and from school.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
VIOLENCE AND SUICIDE PREVENTION		
	Identify that media contains violent messages.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	
	Explain how helpful and hurtful messages in media can affect and individual's behavior.	
	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	

Parent signature verifying instruction: _____