WHALE Tales Safety Topics PRINTER-FRIENDLY VERSION National Health Education Standards and Performance Indicators (K-5)

	Health Education Standard and erformance Indicators	Swim with a Buddy in a Supervised Area	Be Cool, Follow the Rule	Look Before You Leap	Think So You Don't Sink	Reach or Throw, Don't Go	Bon't Just Pack It, Wear Your Jacket	Think Twice Before Going Near Cold Water or Ice	Learn About Boating Before You Go Floating	Too Much Sun Is No Fun	In your House and in Your Yard, Watch for Water, Be on Guard	Wave, Tide or Ride, Follow the Guide
Sta	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.											
0	Identify that healthy behaviors affect personal health. (K-2) Describe the relationship between healthy behaviors and personal health. (3-5)	V	\square	\checkmark	V	V	V	V	V	V	V	V
0	List/Describe ways to prevent common childhood injuries and health problems. (K-5)		V	\checkmark	$\overline{\mathbf{A}}$	V	V	V	V	$\overline{\mathbf{A}}$	\checkmark	I
St	andard 2: Students will a	analyze the i	influenc	e of fan	nily, pe	ers, cultu	re, medi	a, techno	logy and	dother	factors on	health
0	behaviors. Identify/Describe how											
	the family influences personal health practices and behaviors. (K-5)										$\overline{\checkmark}$	
0	Identify the influence of culture on health practices and behaviors. (3-5)									V		V

Sta	Health Education Standard and erformance Indicators		analyze Cool, Follow the Rule	Look Before You Leap on and the So You Don't Sink	Reach or Throw, Don't Go	Don't Just Pack It, Wear	Think Twice Before Going Near Cold Water	Learn About Boating is Before You Go Floating	chnololololololololololololololololololol	by Your Yard, Watch for Water, Be on Guard	Wave, Tide or Ride, Follow the Guide
0	Identify how peers can influence healthy and unhealthy behaviors. (3-5)	V	V		V						
0	Identify trusted adults and professionals who can help promote health. (K-2) Identify characteristics of valid health information, products and services. (3-5)	demonstrate	the abi	Ity to access	valid infor	mation a	na produ	ucts and	service	es to ennan	ce
0	Identify ways to locate school and community health helpers. (K-2) Locate resources from home, school and community that promote valid health information. (3-5)	V									

	Health Education Standard and erformance Indicators andard 4: Students will o	Swim with a Buddy in a Supervised Area	e and ide Be Cool, Follow the Rule	ot Look Before You Leap	esenii Think So You Don't Sink	Reach or Throw, Don't Go	Don't Just Pack It, Wear	Think Twice Before coing Near Cold Water or Ice	Learn About Boating before You Go Floating	ce hea	In your House and in py Your Yard, Watch for Water, Be on Guard	E. Wave, Tide or Ride, Pollow the Guide
0	reduce health Demonstrate healthy ways to express needs, wants and feelings. (K-2) Demonstrate effective verbal and non-verbal communication skills to enhance health. (3-5)	risks.		V								
o o St	Demonstrate listening skills to enhance health. (K-2) Demonstrate refusal skills to avoid or reduce health risks. (3-5) andard 5: Students will of	demonstrate	the abi	lity to u	se deci:	☑ sion-mak	ing skills	s to enha	nce heal	th.		V
0	Identify situations when a health-related decision is needed. (K-2) Identify health-related situations that might require a thoughtful decision. (3-5)						V	V	$\overline{\mathbf{V}}$	V	V	

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Sta	andard 5 (continued): S	Students will	demon	strate th	ne abilit	y to use	decision	-making s	skills to e	enhand	e health.	
0	List healthy options to health-related issues or problems. (3-5)	$\overline{\checkmark}$	V	V	V	$\overline{\checkmark}$		$\overline{\checkmark}$		V		V
0	Predict the potential outcomes of each option when making a health-related decision. (3-5)		V	V	V	V	V		V			
0	Choose a healthy option when making a decision. (3-5)	$\overline{\checkmark}$	V	V	V	$\overline{\checkmark}$	$\overline{\checkmark}$	$\overline{\checkmark}$	$\overline{\checkmark}$	V	\checkmark	V
0	Describe the outcomes of a health-related decision. (3-5)		V	V	V	$\overline{\checkmark}$	$\overline{\checkmark}$	$\overline{\checkmark}$	V	V	V	V
Sta	andard 6: Students will o	demonstrate	the abi	lity to u	se goal	-setting s	skills to e	nhance h	nealth.			
0	Identify who can help when assistance is needed to achieve a personal health goal. (K-2) Identify resources to assist in achieving a personal health goal. (3-5)	V									V	

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St	Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.											
0	Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. (K-5)			V	V			V				
0	Demonstrate a variety of behaviors that avoid or reduce health risks. (K-5)		V	V	V	\square		$\overline{\checkmark}$	V	V	V	V
St	andard 8: Students will d	emonstrate	the abili	ty to ac	lvocate	for perso	onal, fam	ily and c	ommunit	y healt	th.	
0 0	Make requests to promote personal health. (K-2) Express opinions and give accurate information about health issues. (3-5)		V	\checkmark		V					V	
0	Encourage peers and others to make positive health choices. (K-5)		V							\checkmark	V	$\overline{\checkmark}$