

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

Health Education Standard and Performance 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	Don'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
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.											
<ul style="list-style-type: none"> Identify that healthy behaviors affect personal health. (K-2) Describe the relationship between healthy behaviors and personal health. (3-5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> List/Describe ways to prevent common childhood injuries and health problems. (K-5) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.											
<ul style="list-style-type: none"> Identify/Describe how the family influences personal health practices and behaviors. (K-5) 										<input checked="" type="checkbox"/>	
<ul style="list-style-type: none"> Identify the influence of culture on health practices and behaviors. (3-5) 									<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>

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Standard 5 (continued): Students will demonstrate the ability to use decision-making skills to enhance health.											
○ List healthy options to health-related issues or problems. (3-5)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
○ Predict the potential outcomes of each option when making a health-related decision. (3-5)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
○ Choose a healthy option when making a decision. (3-5)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
○ Describe the outcomes of a health-related decision. (3-5)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.											
○ 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)	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	

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Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.											
o Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. (K-5)			✓	✓			✓		✓		
o Demonstrate a variety of behaviors that avoid or reduce health risks. (K-5)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.											
o Make requests to promote personal health. (K-2) o Express opinions and give accurate information about health issues. (3-5)		✓	✓		✓					✓	
o Encourage peers and others to make positive health choices. (K-5)	✓	✓							✓	✓	✓