

HEALTH STANDARD 1

Students comprehend concepts related to health promotion and disease prevention.

STATE STANDARD	ASSESSMENT	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
1H-R1 Identify personal well-being health behaviors	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
1H-R2 Identify basic emotions (i.e., love, fear, anger) that affect physical health			Mastery -- Kinder
1H-R3 Identify basic anatomy (i.e., legs, arms, hands, feet)			Mastery -- Kinder
1H-R4 Understand how the family influences personal health			Mastery -- Kinder
1H-R5 Identify elements of the environment (air, water, ground and pollutants) that affect personal health			Mastery -- Kinder
1H-R6 Recognize basic symptoms of and prevention strategies for common illnesses and diseases		<ul style="list-style-type: none"> • HIV Puppet Program • Hygiene Lessons 	Mastery -- Kinder
1H-R7 Understand the body needs nutrients for energy, growth and body maintenance			Mastery -- Kinder
1H-R8 Recognize safe and healthy eating habits			Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
1H-F1 Describe relationships between personal health behaviors (e.g., sleep, diet, fitness and personal hygiene) and individual well-being	<u>Your Health</u> -- Grade 3 Teacher Packet Harcourt Brace	<ul style="list-style-type: none"> • Water & Bicycle Safety Program • Fire safety • 911 Lessons 	Mastery -- Grade 3
1H-F2 Identify indicators of mental, emotional, social and physical health during childhood			Mastery -- Grade 3
1H-F3 Describe the basic structure and functions of the human body systems			Mastery -- Grade 3

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STATE STANDARD	ASSESSMENT	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
FOUNDATIONS (Grades 1-3) (cont.)			
Students know and are able to do all of the above and the following:			
1H-F4 Describe how heredity, family life and individual lifestyle affect personal health	<u>Your Health</u> -- Grade 3 Teacher Packet Harcourt Brace		Mastery -- Grade 3
1H-F5 Describe how environmental health and personal health are related	• • • • • • •		Mastery -- Grade 3
1H-F6 Identify health problems that should be detected and treated early and the reasons why		• Vision / Hearing screenings	Mastery -- Grade 3
1H-F7 Identify the characteristics, causes, prevention and treatment of common childhood injuries and illnesses			Mastery -- Grade 3
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
1H-E1 Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, and disability and premature death	<u>Your Health</u> -- Grade 6 Harcourt Brace	• Water & Bicycle Safety Programs	Mastery -- Grade 6
1H-E2 Describe the interrelationship of mental, emotional, social and physical health during adolescence	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grades 7, 8
1H-E3 Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grades 7, 8
1H-E4 Describe how family and peers influence the health of adolescents	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grades 7, 8
1H-E5 Analyze how environmental health and personal health are interrelated	<u>Your Health</u> -- Grade 6 Harcourt Brace		Mastery -- Grade 6

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ESSENTIALS (Grades 4-8) (cont.) Students know and are able to do all of the above and the following:	Text		
1H-E6 Describe ways to reduce risks related to adolescent health problems	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grades 7, 8
1H-E7 Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grades 7, 8
1H-E8 Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness	<u>Your Health</u> -- Grade 6 Harcourt Brace		Mastery -- Grade 6

HEALTH STANDARD 2

Students demonstrate the ability to access accurate health information.

STATE STANDARD	ASSESSMENT Text	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
2H-R1 Identify resources and health helpers from home and school that provide health and emergency information	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery --Kinder
2H-R1 Demonstrate the ability to locate home and school health helpers	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery --Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
2H-F1 Identify characteristics of accurate health information (e.g., research based, current) and health-promoting products (e.g., weight scales, thermometers, eye glasses) and services (e.g., school meal program, school nurse, after-school activities)			Mastery -- Grade 3
2H-F2 Demonstrate the ability to locate resources from home, school and community that provide accurate health information			Mastery -- Grade 3
2H-E3 Explain how media influences the selection and use of health information, products and services			Mastery -- Grade 3
2H-E4 Demonstrate the ability to locate home and school health helpers			Mastery -- Grade 2
2H-E5 Locate and describe the roles of resources (health workers and organizations) from the school and community	<ul style="list-style-type: none"> • Fire Prevention Program • Grade 1 -- Clown presentation 		Mastery -- Grade 3
2H-E6 Understand the consequences of appropriate and inappropriate use of drugs and medicine			Mastery -- Grade 2
2H-E7 Identify when and how to seek emergency medical assistance and shelter			Mastery -- Grade 3

HEALTH STANDARD 2

Students demonstrate the ability to access accurate health information.

STATE STANDARD	ASSESSMENT	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
Text			
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
2H-E1 Obtain and utilize accurate health resources from home, school and community	<u>Your Health</u> -- Grade 6 Harcourt Brace		Mastery -- Grade 6
2H-E2 Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics)	<u>Your Health</u> -- Grade 6 Harcourt Brace		Mastery -- Grade 6
2H-E3 Compare the costs and effectiveness of health products	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grade 7, 8
2H-E4 Describe situations requiring professional health services			Mastery --
2H-E5 Understand emergency preparedness and emergency resources (e.g., first aid, CPR)	<u>Your Health</u> -- Grade 5 Harcourt Brace		Mastery -- Grade 5

HEALTH STANDARD 3

Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

STATE STANDARD	ASSESSMENT Text	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
3H-R1 Identify basic personal health needs and the roles exercise, nutrition, hygiene and relationships play in maintaining them	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -Kinder
3H-R2 Identify behaviors that are safe and those that are harmful	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
3H-R3 Identify types of injuries and their causes	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
3H-R4 Identify stressful situations, feelings and physical responses	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
3H--F1 Identify responsible health behaviors and compare them to risky/harmful behaviors (e.g., responsible: tooth brushing, exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs)		• HIV Puppet Program	Mastery -- Grade 3
3H-F2 Identify personal health needs and strategies to maintain or improve one's well-being			Mastery -- Grade 3
3H-F3 Identify hazards found in the home, school and community and demonstrate ways to avoid or reduce the threats		• Fire safety • 911 Lessons • Grade 3 -- Edith House	Mastery -- Grade 3
3H-F4 Apply skills to manage stress			Mastery -- Grade 3
3H-F5 Demonstrate first-aid procedures and appropriate responses to common emergencies in the home, school and community			Mastery -- Grade 3

HEALTH STANDARD 3

Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

STATE STANDARD	ASSESSMENT Text	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
3H-E1 Explain the importance of assuming responsibility for personal health behaviors	<u>Your Health</u> -- Grade 5 Harcourt Brace		Mastery -- Grade 5
3H-E2 Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grade 7, 8
3H-E3 Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs)	<u>Your Health</u> -- Grade 5 Harcourt Brace	<ul style="list-style-type: none"> • HIV Puppet Program • Fire safety • 911 Lessons 	Mastery -- Grade 5
3H-E4 Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grade 7, 8
3H-E5 Demonstrate strategies to manage stress			Mastery --
3H-E6 Perform basic safety, first-aid and life-saving techniques	<u>Teen Health Course 3</u> -- Glencoe		Mastery -- Grade 7,8

HEALTH STANDARD 4

Students analyze the influence of culture, media, technology and other factors on health.

STATE STANDARD	ASSESSMENT Text	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten) Students know and are able to do the following:			
4H-R1	Identify the different foods of various cultures	• International Feast Day	Mastery -- Kinder
4H-R2	Identify media influences on health behaviors		Mastery -- Kinder
FOUNDATIONS (Grades 1-3) Students know and are able to do all of the above and the following:			
4H-F1	Describe personal health behaviors (e.g., nutrition, exercise) in a variety of cultures		Mastery -- Grade 3
4H-F2	Explain how media influences health behaviors		Mastery -- Grade 3
4H-F3	Describe ways technology can influence personal health		Mastery -- Grade 3
4H-F4	Explain how information from school and family influences health		Mastery -- Grade 2
ESSENTIALS (Grades 4-8) Students know and are able to do all of the above and the following:			
4H-E1	Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences		Mastery --
4H-E2	Analyze how messages from media and other sources influence health behaviors		Mastery -- Grade 5
4H-E3	Analyze the influence of technology on personal and family health		Mastery -- Grade 6
4H-E4	Analyze how information from peers influences health		Mastery -- Grade 7, 8

HEALTH STANDARD 5

Students demonstrate the ability to use interpersonal skills to enhance health.

STATE STANDARD	ASSESSMENT	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do all of the above and the following:			
5H-R1 Identify verbal and non-verbal communication	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
5H-R2 Understand characteristics of responsible individuals, friends and family	•		Mastery -- Kinder
5H-R3 Identify a need, want and feeling	•		Mastery -- Kinder
5H-R4 Identify how to communicate care, consideration, and respect of self and others	•	• Class meetings	Mastery -- Kinder
5H-R5 Identify characteristics of attentive listening skills that build and maintain healthy relationships	•		Mastery -- Kinder
5H-R6 Identify refusal skills that enhance health	•		Mastery -- Kinder
5H-R7 Identify behaviors in conflict situations	•		Mastery -- Kinder
5H-R8 Differentiate between negative and positive behaviors used in conflict situations	•		Mastery -- Kinder
5H-R9 Demonstrate non-violent strategies to resolve conflict	•		Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
5H-F1 Distinguish between verbal and non-verbal communication			Mastery -- Grade 3
5H-F2 Describe characteristics needed to be a responsible friend and family member			Mastery -- Grade 2
5H-F3 Describe ways to communicate care, consideration, and respect of self and others			Mastery -- Grade 3
5H-F4 Demonstrate healthy ways to express needs, wants, and feelings and identify a variety of ways to deal with them constructively and appropriately			Mastery -- Grade 3

HEALTH STANDARD 5

Students demonstrate the ability to use interpersonal skills to enhance health.

STATE STANDARD	ASSESSMENT	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
Text			
FOUNDATIONS (Grades 1-3) (cont.)			
Students know and are able to do all of the above and the following:			
5H-F5 Demonstrate attentive listening skills to build and maintain healthy relationships			Mastery -- Grade 3
5H-F6 Understand refusal skills to enhance mental, emotional and physical health			Mastery -- Grade 3
5H-F7 Identify negative and positive behaviors exhibited in conflict situations and strategies for mediating and resolving the conflict			Mastery -- Grade 3
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
5H-E1 Demonstrate ways to communicate care, consideration, and respect of self and others		• Talk It Out, Peace Builders programs	Mastery -- Grade 6
5H-E2 Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health			Mastery -- Grade 7, 8
5H-E3 Demonstrate strategies to manage conflict in healthy ways			Mastery -- Grade 6

HEALTH STANDARD 6

Students demonstrate the ability to use goal-setting and decision-making skills to enhance health.

STATE STANDARD	ASSESSMENT Text	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do all of the above and the following:			
6H-R1 Identify the decision-making process		• Class Meetings	Mastery -- Kinder
6H-R2 Set a personal health goal and record progress toward achievement			Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
6H-F1 Apply a sound decision-making process to resolve health issues and problems			Mastery -- Grade 3
6H-F2 Explain the effects of personal health care choices			Mastery -- Grade 2
6H-F3 Set a personal health goal and track progress toward its achievement			Mastery -- Grade 3
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
6H-E1 Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively			Mastery -- Grade 7, 8
6H-E2 Predict how decisions regarding health behaviors have consequences for self and others			Mastery -- Grade 6
6H-E3 Describe how personal health goals are influenced by information, abilities, priorities and responsibilities			Mastery -- Grade 7, 8
6H-E4 Develop a plan that addresses personal strengths, needs, and health risks and apply strategies and skills needed to attain personal health goals			Mastery --

HEALTH STANDARD 7

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

STATE STANDARD	ASSESSMENT Text	TANQUE VERDE EXTENSION	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do all of the above and the following:			
7H-R1 Identify accurate health information	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
7H-R2 Identify positive health choices	<u>Your Health</u> -- KinderTeacher Packet Harcourt Brace		Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
7H-F1 Describe a variety of methods to convey accurate health information and ideas			Mastery -- Grade 3
7H-F2 Express information about health issues			Mastery -- Grade 2
7H-F3 List a variety of ways to support others in making positive health choices (e.g., exercising, making healthy food choices, hand washing)			Mastery -- Grade 3
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
7H-E1 Analyze various media for language, subject matter and visual techniques used to influence health-related information and decision making			Mastery -- Grade 6
7H-E2 Present information about health issues			Mastery -- Grade 5
7H-E3 Identify barriers to effective communication of information about health issues			Mastery --
7H-E4 Demonstrate the ability to support others in making positive health choices			Mastery -- Grade 6
7H-E5 Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools			Mastery -- Grade 5