

HealthSmart Alignment with **Arizona Health Standards**



**Grades
K–5**

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts			
Concept 1: Understanding relationship between health behaviors and health			
PO 1. Identify that healthy behaviors affect personal health and overall well-being.	1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30	1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27	1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
Concept 2: Understanding multiple dimensions of health			
PO 1. Recognize what the human body is and what it means to be healthy.	4, 7, 8, 24	1, 24	2, 7, 20
Concept 3: Understanding personal health			
PO 1. Describe ways to prevent communicable diseases.	6	5	5
PO 2. Identify that foods are classified into food groups and that a variety of food is needed for personal health, growth, and development. <i>(Food groups per se not covered until Grade 4)</i>	21, 22	21	17, 18
PO 3. Identify that physical activity is integral to good health.	24, 25	24, 25	20, 21, 22
Concept 4: Understanding prevention of injuries and health problems			
PO 1. List ways to prevent common childhood injuries.	13, 14, 15, 16, 17	7, 9, 10, 11, 12, 13, 14, 15, 16, 20	9, 10, 11, 12, 13
Concept 5: Understanding use of health care			
PO 1. Describe why it is important to seek health care.	7, 8		6
Strand 2: Analysis of Factors Affecting Health Behaviors			
Concept 1: External influences on personal health			
PO 1. Identify how the family influences personal health practices and behaviors.	3	2, 27, 29	1
PO 2. Recognize how culture influences health practices and behaviors.	Can be included in:		
	2, 3	2, 4	1, 3
PO 3. Recognize how peers can influence healthy and unhealthy behaviors.	11, 23, 25, 30	1, 3, 14, 18, 19, 28	2, 8, 14, 15, 26
PO 4. Identify what the school can do to support personal health practices and behaviors. <i>(Focus is on trusted adults at school and school rules)</i>	7, 8, 10, 11	13, 14, 16, 18	4, 14, 15, 25
PO 5. Describe how the media can influence health behaviors.	Not covered		
PO 6. Recognize how technology can influence personal health.	Not covered		

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
Strand 3: Access to Health Information, Products and Services to Enhance Health			
Concept 1: Knowledge of sources of help			
PO 1. Identify trusted adults and professionals who can help promote health.	3, 7, 8, 9, 10, 11, 18, 22	1, 9, 11, 18, 29	4, 14, 25
Concept 2: Accessing help			
PO 1. Identify ways to locate school and community health helpers.	9, 10, 19	17	
Strand 4: Use of Interpersonal Communication Skills to Enhance Health			
Concept 1: Communication to enhance health			
PO 1. Demonstrate healthy ways to express needs, wants, and feelings.	1, 2, 3, 9, 10	29	4
PO 2. Demonstrate listening skills to enhance health.	1		
Concept 2: Self-protection and dealing with conflict			
PO 1. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.		20	
Concept 3: Asking for help			
PO 1. Demonstrate ways to tell a trusted adult if threatened or harmed.	19	17, 20	15
Strand 5: Use of Decision-Making Skills to Enhance Health			
Concept 1: Influences on health decision making			
PO 1. Identify circumstances that can help or hinder healthy decision making.			9, 10, 11, 12
Concept 2: Application of decision-making skills to health			
PO 1. Identify situations when a health-related decision is needed.	20, 21		9, 10, 11, 12, 26
PO 2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	20		26
Strand 6: Use of Goal-Setting Skills to Enhance Health			
Concept 2: Health-related goal setting			
PO 1. Identify a short-term personal health goal and take action toward achieving the goal.	5, 6, 23, 25	8, 23	13, 19, 21
PO 2. Identify who can help when assistance is needed to achieve a personal health goal.	5, 6, 23, 25	23	13, 19, 21

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
Strand 7: Ability to Practice Health-Enhancing Behaviors			
Concept 2: Healthy practices and behaviors			
PO 1. Demonstrate healthy practices and behaviors to maintain or improve personal health.	1, 5, 6	5, 6, 8	5, 22, 26
PO 2. Demonstrate behaviors that avoid or reduce health risks.	2, 13, 14, 15, 16, 17, 19, 29	7, 10, 12, 16, 17	3
Strand 8: Ability to Advocate for Health			
Concept 1: Personal advocacy			
PO 1. Make requests to promote personal health.	3, 7, 29	19, 28, 29	15, 16, 25
PO 2. Encourage family and peers to make positive health choices.	11, 25, 28, 30	3, 12, 19, 22, 28	8, 15, 16, 23, 26

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts			
Concept 1: Understanding relationship between health behaviors and health			
PO 1. Describe the relationship between healthy behaviors and personal health.	1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28	1, 2, 4, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30, 32, 33, 34, 35, 37
Concept 2: Understanding multiple dimensions of health			
PO 1. Identify examples of emotional, intellectual, physical, and social health.	1		1
Concept 3: Understanding personal health			
PO 1. Describe ways in which a safe and healthy school and community environment can promote personal health.	9, 10, 11, 13, 14, 15	11	36
PO 2. Describe the key nutrients contained in the food groups and how these nutrients affect health and learning.	17	16, 17	16
PO 3. Describe how physical activity impacts health.	23	18	20, 21
Concept 4: Understanding prevention of injuries and health problems			
PO 1. Describe ways to prevent common childhood injuries and health problems.	9, 10, 11, 16	3, 10, 11, 12, 14, 15	9, 10, 11, 12
Concept 5: Understanding use of health care			
PO 1. Describe when it is important to seek health care.	8		
Strand 2: Analysis of Factors Affecting Health Behaviors			
Concept 1: External influences on personal health			
PO 1. Describe how the family influences personal health practices and behaviors.	3, 21	21	2, 10, 30, 33
PO 2. Identify the influence of culture on health practices and behaviors.	21	21	19, 36
PO 3. Describe how peers can influence healthy and unhealthy behaviors.	4, 21, 27, 28	13, 21	2, 7, 11, 19, 26, 30
PO 4. Describe how the school and community can support personal health practices and behaviors.	15	11	9
PO 5. Explain how media influences thoughts, feelings, and health behaviors.	21, 28	21	14, 27, 30
PO 6. Describe ways that technology can influence personal health.			7, 8

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
Strand 3: Access to Health Information, Products and Services to Enhance Health			
Concept 1: Knowledge of sources of help			
PO 1. Identify characteristics of valid health information, products, and services.		20	4, 38
Concept 2: Accessing help			
PO 1. Locate resources from home, school, and community that provide valid health information.	1	6, 20, 27	4, 5, 13, 31, 38
Strand 4: Use of Interpersonal Communication Skills to Enhance Health			
Concept 1: Communication to enhance health			
PO 1. Demonstrate effective verbal and nonverbal communication skills to enhance health.	4, 29		3
PO 2. Demonstrate refusal skills that avoid or reduce health risks.	16, 29	13, 22, 23	28
Concept 2: Self-protection and dealing with conflict			
PO 1. Demonstrate nonviolent strategies to manage or resolve conflict.		15	
Concept 3: Asking for help			
PO 1. Demonstrate how to ask for assistance to enhance personal health.	15, 16	6, 15, 27	31
Strand 5: Use of Decision-Making Skills to Enhance Health			
Concept 1: Influences on health decision making			
PO 1. Identify circumstances that can help or hinder healthy decision making.	13, 26	14, 28	12, 29
Concept 2: Application of decision-making skills to health			
PO 1. Identify health-related situations that might require a thoughtful decision.	13, 26	14, 28	12, 29
PO 2. Analyze when assistance is needed when making a health-related decision.	13, 26	28	29
PO 3. List healthy options to health-related issues or problems.	13, 26	28	29
PO 4. Predict the potential outcomes of each option when making a health-related decision.	13, 26	28	29
PO 5. Choose a healthy option when making a decision.	13, 26	28	29
PO 6. Describe the outcomes of a health-related decision.	26		29, 30, 37
Strand 6: Use of Goal-Setting Skills to Enhance Health			
Concept 2: Health-related goal setting			
PO 1. Set a personal health goal and track progress toward its achievement.	12, 22, 24	9, 19	22, 23
PO 2. Identify resources to assist in achieving a personal health goal.	12, 22, 24	9, 19	22, 23, 30

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
Strand 7: Ability to Practice Health-Enhancing Behaviors			
Concept 1: Personal responsibility for health			
PO 1. Identify responsible personal health behaviors.	9, 11, 14	4, 12	25, 26, 30, 33
Concept 2: Healthy practices and behaviors			
PO 1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	1, 2, 18, 22, 23	9, 19	1, 3, 22, 23, 33, 37
PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks.	6, 8, 10, 11, 12, 16, 26	3, 5, 11, 12, 13, 15, 24	6, 9, 12, 15, 19, 29
Strand 8: Ability to Advocate for Health			
Concept 1: Personal advocacy			
PO 1. Express opinions and give accurate information about health issues.	7, 10, 11, 15, 29	20, 24, 25, 26	9, 15, 27, 36
PO 2. Encourage others to make positive health choices.	7, 11, 15, 29	20, 24, 26	9, 15, 27, 36