

Grades 3–5 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
6.5.1 Set a personal health goal and track progress toward its achievement.	3 – 12, 22, 24 4 – 9, 19 5 – 22, 23
6.5.2 Identify resources to assist in achieving a personal health goal.	3 – 12, 22, 24 4 – 9, 19 5 – 22, 23, 30
Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
7.5.1 Identify responsible personal health behaviors	3 – 9, 11, 14 4 – 4, 12 5 – 25, 26, 30, 33
7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	3 – 4, 18, 22, 24 4 – 9, 19 5 – 3, 6, 23
7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.	3 – 6, 12, 16, 29 4 – 3, 5, 13, 15, 23 5 – 9, 12, 19, 28
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
8.5.1 Express opinions and give accurate information about health issues.	3 – 7, 10, 11, 15 4 – 20, 24, 25, 26 5 – 9, 15, 27, 36
8.5.2 Encourage others to make positive health choices.	3 – 7, 11, 15, 29 4 – 20, 24, 26 5 – 9, 15, 27, 36