

***HealthSmart* Alignment with
Florida's Academic State Standards,
Health Education, 2023**

Grades K–5

Grade K	HealthSmart Grade – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.K.PHC.1.1 Identify healthy behaviors that affect personal health.	K – 2 [expressing emotions], 5 [tooth care], 6 [handwashing], 9 [getting help when ill], 21 [healthy eating], 22 [food choices], 23 [drinking water], 24 [physical activity], 26, 27 [avoiding tobacco use], 29 [avoiding smoke]
HE.K.PHC.1.2 Understand how you can prevent childhood injuries in the home, school, and community settings.	K – 12, 13, 14 [street safety], 15 [passenger safety], 16 [poisons], 17 [firearms] 18, 19 [emergencies], 20 [safe decisions]
HE.K.PHC.1.3 Recognize there are body parts inside and outside of the body.	K – 4 [limbs, heart, lungs]
HE.K.PHC.1.4 Recognize ways you can prevent common communicable diseases.	K – 6 [handwashing], 9 [help from adults when ill]
Internal and External Influences	
HE.K.PHC.2.1 Identify members of the school and community who support personal health practices and behaviors.	K – 3, 7, 8, 9, 10, 11, 18, 22
HE.K.PHC.2.2 Name healthy behaviors that family members should practice.	K – 3 [emotional support], 11 [avoiding bullying], 14 [pedestrian safety], 22 [eating healthy foods], 23 [drinking water], 25 [physical activity], 26 [avoiding smoke], 27 [secondhand smoke]
HE.K.PHC.2.3 Identify safe and unsafe examples of internet use.	Not covered
Prevention and Decision Making	
HE.K.PHC.3.1 Name situations when a health-related decision can be made individually or when assistance is needed.	K – 20 [decisions about safety], 28 [avoiding secondhand smoke]
HE.K.PHC.3.2 Recognize healthy options to personal health-related issues or problems.	K – 20 [decisions about safety]
HE.K.PHC.3.3 Recognize the consequences of not following rules/practices when making healthy and safe decisions.	K – 12 [traffic], 13, 14 [pedestrian safety], 15 [passenger safety], 16 [avoiding poisons], 17 [firearm safety], 20 [safe decisions]
HE.K.PHC.3.4 Define a personal health goal and how it relates to overall health.	K – 5 [brushing teeth], 6 [washing hands], 23 [drinking water], 25 [physical activity]
Advocacy	
HE.K.PHC.4.1 Identify the appropriate responses to unwanted, unsafe, and threatening situations.	K – 9, 10, 11, 16, 17, 18, 19, 20, 29

Grade K	HealthSmart Grade – Lesson
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.K.CEH.1.1 Recognize ways the community encourages a healthy environment.	Not covered
HE.K.CEH.1.2 Recognize ways in the community to prevent common communicable diseases.	Can extend discussion of personal actions to wider community in lessons identified for HE.K.PHC.1.4
Internal and External Influence	
HE.K.CEH.2.1 Explain the importance of rules to maintain health.	K – 7 [medicine use], 12, 13, 14 [pedestrian safety], 15 [passenger safety], 16 [poisons], 17 [firearms]
Prevention and Decision Making	
HE.K.CEH.3.1 Recognize ways the community can prevent childhood injuries in the school and community settings.	Can extend discussion of personal actions to wider community in lessons identified for HE.K.PHC.1.2
Advocacy	
HE.K.CEH.4.1 Encourage others to make positive health choices.	K – 11 [preventing bullying], 23 [physical activity], 28, 30 [be tobacco free]
Consumer Health Concepts Strand	
Core Concepts	
HE.K.CH.1.1 Recognize warning labels and signs on hazardous products and places.	K – 16
Prevention and Decision Making	
HE.K.CH.3.1 Define healthy and unhealthy choices.	K – 2 [expressing emotions], 20 [choices about safety], 29 [avoiding smoke]
Advocacy	
HE.K.CH.4.1 Define ways to ask for support from a trusted adult or professional.	K – 3, 7, 8, 9, 10, 11, 18

Grade K	HealthSmart Grade – Lesson
Resiliency Education Strand	
Character	
HE.K.R.1.1 Define and give examples of kindness and caring.	K – 1
HE.K.R.1.2 Demonstrate the ability to take turns and share with others.	Can be demonstrated in class discussion and group work throughout the lessons
HE.K.R.1.3 Describe ways to show respect to others.	K – 1
HE.K.R.1.4 Identify the difference between the truth and a lie.	Not covered
Personal Responsibility	
HE.K.R.2.1 Identify healthy choices that affect personal wellness.	K – 2 [expressing emotions], 5 [tooth care], 6 [handwashing], 9 [getting help when ill], 21 [healthy eating], 22 [food choices], 23 [drinking water], 24 [physical activity], 26, 27 [avoiding tobacco use], 29 [avoiding smoke]
HE.K.R.2.2 Demonstrate the ability to follow rules and directions.	Can be demonstrated in group work and work on activity sheets throughout the lessons
HE.K.R.2.3 Discuss the value of goal setting.	K – 23, 25
HE.K.R.2.4 Identify and recognize basic feelings.	K – 2
HE.K.R.2.5 Identify personal strengths and actions individuals can do independently.	K – 1, 20, 29
Mentorship and Citizenship	
HE.K.R.3.1 Identify the roles and responsibilities of trusted adults.	K – 3, 7, 8, 9, 10, 11
HE.K.R.3.2 Identify characteristics of a good citizen in school and the community.	Not covered
Critical Thinking and Problem Solving	
HE.K.R.4.1 Identify when help is needed and who to ask for help.	K – 3, 7, 8, 9, 10, 11, 18, 20
HE.K.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.	Can be included in K – 1, 11, 29
HE.K.R.4.3 Discuss ways to work together to solve problems.	Can be included in K – 1, 11, 29

Grade 1	HealthSmart Grade – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.1.PHC.1.1 Recognize how healthy behaviors affect personal health.	1 – 1 [belonging], 2 [family relationships], 3 [friendships], 4 [expressing emotions], 5 [handwashing], 6 [tooth care], 7 [weather & sun safety], 8 [sleep], 18 [preventing bullying], 21 [eating breakfast], 22 [drinking water], 24 , 25 [physical activity], 26 [avoiding tobacco smoke], 27 [avoiding tobacco use]
HE.1.PHC.1.2 Identify how you can prevent childhood injuries in the home, school, and community settings.	1 – 7 [dressing for weather], 9 [being safe], 10 [pedestrian safety], 11 [safe routes], 12 , 13 [passenger safety], 14 [playground safety], 15 , 16 [fire safety], 20 [inappropriate touch]
HE.1.PHC.1.3 Identify the correct names of human body parts.	Not covered
HE.1.PHC.1.4 Describe ways you can prevent common communicable diseases.	1 – 5 [handwashing]
HE.1.PHC.1.5 Tell about behaviors that avoid or reduce health risks.	1 – 5 [handwashing], 7 [weather, sun safety], 8 [sleep], 10 [pedestrian safety], 11 [safe routes], 12 , 13 [passenger safety], 14 [playground safety], 15 , 16 [fire safety], 17 [calling 9-1-1], 19 [being safety smart], 21 [eating breakfast], 22 [drinking water], 24 , 25 [physical activity], 26 , 29 [avoiding tobacco smoke]
Internal and External Influences	
HE.1.PHC.2.1 Identify how children learn health behaviors from family and friends.	1 – 1 [belonging], 2 [families], 3 [friends], 27 [peers and tobacco use], 29 [support for avoiding tobacco use]
HE.1.PHC.2.2 Explain why personal information should not be shared on the internet.	Not covered
Prevention and Decision Making	
HE.1.PHC.3.1 Describe situations when a health-related decision can be made individually or when assistance is needed.	1 – 9 [help to be safe], 29 [avoiding tobacco use]
HE.1.PHC.3.2 Identify healthy options to personal health-related issues or problems.	1 – 8 [getting enough sleep], 9 [help to be safe], 11 [safe routes], 22 [choosing water] 26 [avoiding tobacco smoke]
HE.1.PHC.3.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.	1 – 10 [pedestrian safety], 12 [passenger safety], 13 [school bus safety], 14 [playground safety], 15 , 16 [fire safety]
HE.1.PHC.3.4 Establish a short-term health goal as a class and monitor progress toward achieving the goal.	1 – 8 [getting enough sleep], 23 [healthy eating], 25 [physical activity]

Grade 1	HealthSmart Grade – Lesson
Personal Health Concepts Strand <i>(continued)</i>	
Advocacy	
HE.1.PHC.4.1 Describe appropriate responses to unwanted, unsafe, and threatening situations.	1 – 17 [calling 9-1-1], 18 [bullying], 20 [inappropriate touch], 29 [avoiding tobacco smoke]
HE.1.PHC.4.2 Identify ways one can make requests to promote personal health.	1 – 4 [help with feelings], 9 [safety], 11 [safe routes], 18 [help with bullying], 20 [help with unsafe touch], 29 [help to be tobacco free]
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.1.CEH.1.1 Identify ways the community encourages a healthy environment.	Not covered
HE.1.CEH.1.2 Understand ways to prevent common communicable diseases in the community.	Can extend discussion of personal actions to wider community in lessons identified for HE.1.PHC.1.4
Internal and External Influence	
HE.1.CEH.2.1 Recognize health consequences for not following rules.	1 – 10 [pedestrian safety], 12 [passenger safety], 13 [school bus safety], 14 [playground safety], 15, 16 [fire safety], 18 [bullying], 26 [family rules around tobacco use]
Prevention and Decision Making	
HE.1.CEH.3.1 Identify ways in the community to prevent childhood injuries in the school and community settings.	Can extend discussion of personal actions to wider community in lessons identified for HE.1.PHC.1.2
Advocacy	
HE.1.CEH.4.1 Help others to make positive health choices.	1 – 3, 12, 19, 22, 28
Consumer Health Concepts Strand	
Core Concepts	
HE.1.CH.1.1 Determine the meaning of warning labels and signs on hazardous products and places.	Not covered [Poisons covered in K – 16]
Prevention and Decision Making	
HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.	1 – 4 [expressing emotions], 7 [dressing for weather], 10, 11, 12, 13, 14, 15, 16 [safety]
Advocacy	
HE.1.CH.4.1 Discuss ways to ask for support from a trusted adult or professional.	1 – 4, 9, 17, 18, 20, 29

Grade 1	HealthSmart Grade – Lesson
Resiliency Education Strand	
Character	
HE.1.R.1.1 Discuss ways to respect personal property and personal space of others.	1 – 3
HE.1.R.1.2 Describe the traits of a good friend.	1 – 3
HE.1.R.1.3 Identify the benefits of sharing and cooperation.	1 – 1, 2, 3
HE.1.R.1.4 Define and give examples of honesty.	Not covered
HE.1.R.1.5 Identify strategies to overcome a challenge.	Not covered
Personal Responsibility	
HE.1.R.2.1 Identify my role and responsibilities in the school, community, and family.	1 – 2, 3
HE.1.R.2.2 Establish a short-term goal as a class and take action toward achieving the goal.	1 – 8 [getting enough sleep], 23 [healthy eating], 25 [physical activity]
HE.1.R.2.3 Identify the characteristics of a responsible decision maker.	Not covered
HE.1.R.2.4 Describe how individual actions can affect others.	1 – 4 [expressing emotions], 5 [handwashing]
HE.1.R.2.5 Identify strategies to discover and demonstrate personal strengths.	Not covered
HE.1.R.2.6 Identify healthy ways to express needs and wants.	1 – 4 [different emotions], 29 [staying tobacco free]
Mentorship and Citizenship	
HE.1.R.3.1 Identify characteristics of a leader in the school community.	Not covered
HE.1.R.3.2 Demonstrate the characteristics of a good citizen in school and the community.	Not covered
Critical Thinking and Problem Solving	
HE.1.R.4.1 Identify the importance of working together to solve problems.	Can be demonstrated in class discussion and group work throughout the lessons
HE.1.R.4.2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group.	Can be demonstrated in class discussion and group work throughout the lessons
HE.1.R.4.3 Understand that conflict may arise when working together.	Can be demonstrated in class discussion and group work throughout the lessons

Grade 2	HealthSmart Grade – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.2.PHC.1.1 Discuss how healthy behaviors affect personal health.	2 – 1 [family relationships], 2 [growth], 3, 4 [troublesome feelings], 5 [handwashing], 6 [medicine use], 14, 15 [preventing bullying], 16 [drinking water], 17 [eating breakfast], 18 [healthy snacks], 19 [eating fruits & vegetables], 22, 21 [physical activity], 22 [stretching], 23, 24, 26 [avoiding tobacco use],
HE.2.PHC.1.2 Describe ways you can prevent personal injuries.	2 – 9, 10, 11, 12, 13
HE.2.PHC.1.3 Recognize the locations and functions of major human organs.	Not covered
HE.2.PHC.1.4 Select trusted adults and professionals who can help promote health.	2 – 4, 25
HE.2.PHC.1.5 Recognize healthy practices and behaviors to maintain or improve personal health.	2 – 4 [getting help for troublesome feelings], 5 [handwashing], 6 [using medicines], 7, 8 [healthy habits], 16 [drinking water], 17 [eating breakfast], 18 [healthy snacks], 19 [eating fruits & vegetables], 20, 21 [physical activity], 22 [stretching], 25, 26 [avoiding tobacco use]
Internal and External Influences	
HE.2.PHC.2.1 Describe how outside influences, family, and friends can influence personal health decisions.	2 – 1 [family relationships], 5 [how germs spread], 8 [helping friends stay healthy], 15 [preventing bullying], 16 [drinking water], 23 [tobacco use]
HE.2.PHC.2.2 Describe ways a safe, healthy home environment can promote personal health.	2 – 1
HE.2.PHC.2.3 Describe the attributes of a safe and responsible internet user.	Not covered
Prevention and Decision Making	
HE.2.PHC.3.1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	2 – 7, 8, 24
HE.2.PHC.3.2 List healthy options to health-related issues or problems.	2 – 4 [troublesome feelings], 5 [preventing colds], 6 [medicines], 9 [pedestrian safety], 10 [passenger safety], 11 [water safety], 12 [bike safety], 17 [breakfast foods], 18 [healthy snacks], 26 [avoiding tobacco use]
HE.2.PHC.3.3 Compare the consequences of following/not following rules/practices when making healthy and safe decisions.	2 – 9 [pedestrian safety], 10 [passenger safety], 11 [water safety], 12 [bike safety]

Grade 2	HealthSmart Grade – Lesson
Personal Health Concepts Strand <i>(continued)</i>	
HE.2.PHC.3.4 Discuss short-term and long-term goals and their importance to physical health.	2 – 13 [being safety smart], 19 [eating fruits & vegetables], 21 [being physically active], 22 [stretching as a class]
HE.2.PHC.3.5 Establish a short-term health goal as a class and monitor progress toward achieving the goal.	2 – 13 [being safety smart], 19 [eating fruits & vegetables], 21 [being physically active], 22 [stretching as a class]
Advocacy	
HE.2.PHC.4.1 Demonstrate appropriate responses to unwanted, unsafe, and threatening situations.	2 – 15 [getting help for bullying]
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.2.CEH.1.1 Identify how healthy behaviors affect the community.	Can extend discussion of personal actions to wider community in lessons identified for HE.2.PHC.1.1
HE.2.CEH.1.2 Describe ways to prevent common communicable diseases in the community.	Can extend discussion of personal actions to wider community in 2 – 5
Internal and External Influence	
HE.2.CEH.2.1 Explain the ways that rules make the classroom, school, and community safer.	2 – 5 [avoiding germs], 6 [medicine safety], 9 [pedestrian safety], 10 [passenger safety], 11 [water safety], 12 [bike safety], 14 [bullying]
HE.2.CEH.2.2 Describe how the school and community influence health behaviors of children.	2 – 25 [support for being tobacco free]
Prevention and Decision Making	
HE.2.CEH.3.1 Describe ways the community can prevent childhood injuries in the school and community settings.	Can extend discussion of personal actions to wider community in lessons identified for HE.2.PHC.1.2
Advocacy	
HE.2.CEH.4.1 Support peers when making positive health choices.	2 – 8 [healthy habits], 15 [preventing bullying], 16 [drinking water], 23 , 26 [no tobacco use]
Consumer Health Concepts Strand	
Core Concepts	
HE.2.CH.1.1 Understand the meaning of warning labels and signs on hazardous products.	2 – 23 [tobacco products]

Grade 2	HealthSmart Grade – Lesson
Consumer Health Concepts Strand <i>(continued)</i>	
Prevention and Decision Making	
HE.2.CH.3.1 Describe healthy and unhealthy choices.	2 – 9, 10, 11, 12, 13
Advocacy	
HE.2.CH.4.1 Practice ways to ask for support from a trusted adult or professional.	2 – 4, 6, 15, 25
Resiliency Education Strand	
Character	
HE.2.R.1.1 Identify the benefits of showing kindness and treating others with respect.	2 – 2
HE.2.R.1.2 Identify what a conflict is and how disagreements can happen.	Conflict resolution covered in Grade 4
HE.2.R.1.3 Explain the importance of being truthful.	Not covered
Personal Responsibility	
HE.2.R.2.1 Identify ways to make positive contributions to the well-being of the school and the community.	Not covered
HE.2.R.2.2 Identify personal goals and strategies to achieve those goals.	2 – 13 [being safety smart], 19 [eating fruits & vegetables], 21 [being physically active], 22 [stretching as a class]
HE.2.R.2.3 Demonstrate healthy ways to express needs, wants, and listening skills.	2 – 3 [troublesome feelings], 4 [getting help], 16 [drinking water], 25 [support for staying tobacco free]
HE.2.R.2.4 Identify and recognize basic feelings.	2 – 3
HE.2.R.2.5 Identify personal strengths and areas for improvement.	2 – 2
Mentorship and Citizenship	
HE.2.R.3.1 Identify ways to benefit the school and the community.	Not covered
HE.2.R.3.2 Identify characteristics of a community leader.	Not covered
Critical Thinking and Problem Solving	
HE.2.R.4.1 Identify strategies to work together to solve problems.	Can be demonstrated in class discussion and group work throughout the lessons
HE.2.R.4.2 Identify how disagreements can be settled using conflict resolution skills.	Conflict resolution covered in Grade 4

Grade 3	HealthSmart Grade – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.3.PHC.1.1 Describe healthy behaviors that affect personal health.	3 – 1 [being healthy], 2 [expressing feelings], 3 [family relations], 4 [friendships], 5 [valuing self/others], 6, 7 [avoiding germs], 8 [medicine use], 17, 21, 22 [healthy foods] 18 [healthy beverages], 19 [eating breakfast], 20 [eating fruits & vegetables], 23, 24 [physical activity], 25, 26, 27, 28 [avoiding tobacco/alcohol use]
HE.3.PHC.1.2 Apply ways you can prevent personal injuries.	3 – 9, 10, 11, 12, 13
HE.3.PHC.1.3 Recognize that body parts and organs work together to form human body systems.	Not covered
HE.3.PHC.1.4 Discuss behaviors that avoid or reduce health risks.	3 – 6 [disease prevention], 12 [injury], 16 [unsafe touch], 17 [healthy foods], 18 [healthy beverages], 26, 29 [being tobacco and alcohol free]
HE.3.PHC.1.5 Demonstrate health behaviors to maintain or improve personal health.	3 – 4 [friendships], 18 [drinking water], 22 [healthy eating], 24 [physical activity]
Internal and External Influences	
HE.3.PHC.2.1 Describe how outside influences, family, and friends can influence health behaviors.	3 – 3 [family], 4 [friends], 21 [food choices], 27, 28 [pressure to use drugs]
HE.3.PHC.2.2 Identify what the school and community do to support personal health practices and behaviors.	3 – 9, 10, 11, 13 [safety rules], 14 [bullying], 21 [food choices]
HE.3.PHC.2.3 Understand the positive and negative impacts technology may have on health.	Not covered
HE.3.PHC.2.4 Identify appropriate and inappropriate uses of the internet and communicating with others through technology.	Not covered
HE.3.PHC.2.5 Identify types of cyberbullying.	3 – 14, 15
Prevention and Decision Making	
HE.3.PHC.3.1 Explain when assistance is needed when making a health-related decision.	3 – 13 [making safe choices], 26 [being tobacco/alcohol free]
HE.3.PHC.3.2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks.	3 – 13 [making safe choices], 17 [healthy foods], 18 [healthy beverages], 26 [being tobacco and alcohol free]

Grade 3	HealthSmart Grade – Lesson
Personal Health Concepts Strand <i>(continued)</i>	
Prevention and Decision Making <i>(continued)</i>	
HE.3.PHC.3.3 Discuss the potential short-term personal impact of each option when making a health-related decision.	3 – 13 [making safe choices], 26 [being tobacco and alcohol free]
HE.3.PHC.3.4 Select a personal health goal and track progress toward achievement.	3 – 12 [safety goal], 22 [eating healthy foods], 24 [physical activity]
Community and Environmental Health Concepts Strand <i>(continued)</i>	
Advocacy	
HE.3.PHC.4.1 Practice appropriate responses to unwanted, unsafe, and threatening situations.	3 – 14, 15 [bullying], 16 [unsafe touch]
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.3.CEH.1.1 Relate how healthy behaviors impact the community.	Can extend discussion of personal actions to wider community in lessons identified for HE.3.PHC.1.1
HE.3.CEH.1.2 Understand common childhood health conditions and their impact on school and community environments.	Not covered
HE.3.CEH.1.3 Identify the impact of internet and social media in the community.	Not covered
Internal and External Influence	
HE.3.CEH.2.1 Identify classroom and school rules that promote health and disease prevention.	3 – 9, 10, 11, 13 [safety rules], 14 [bullying]
HE.3.CEH.2.2 Explore how the traditions and customs of the school and community influence health behavior of children.	3 – 21 [food choices]
Prevention and Decision Making	
HE.3.CEH.3.1 Explore ways the community can prevent childhood injuries in the school and community settings.	Can extend discussion of personal actions to wider community in lessons identified for HE.3.PHC.1.2
Advocacy	
HE.3.CEH.4.1 Encourage positive behaviors and healthy choices by others.	3 – 7 [avoiding germs], 10, 11 [safety smart] 15 [reporting bullying], 29 [avoiding drugs]

Grade 3	HealthSmart Grade – Lesson
Consumer Health Concepts Strand	
Core Concepts	
HE.3.CH.1.1 Locate resources from home, school, and community that provide valid health information, products, and services.	3 – 1
HE.3.CH.1.2 Describe why it is important to seek health care.	3 – 8
Internal and External Influences	
HE.3.CH.2.1 Describe how the internet and various media/social media outlets influence the selection of health information, products, and services.	Not covered
HE.3.CH.2.2 Identify resources that could assist in achieving personal health goals.	3 – 12 [safety goal], 22 [eating healthy foods], 24 [physical activity]
Prevention and Decision Making	
HE.3.CH.3.1 Describe criteria for selecting health information, resources, products, and services.	Not covered [Covered in Grades 4 and 5]
Advocacy	
HE.3.CH.4.1 Describe ways to encourage healthy school environments.	Can extend discussion of advocacy for peers to wider school community in lessons identified for HE.3.CEH.4.1
Resiliency Education Strand	
Character	
HE.3.R.1.1 Identify skills needed when working with others.	Can be demonstrated in group work throughout the lessons
HE.3.R.1.2 Identify ways to display trustworthiness.	3 – 3, 4
HE.3.R.1.3 Discuss ways to be loyal to friends and family.	3 – 3, 4
Personal Responsibility	
HE.3.R.2.1 Categorize resources used to achieve a personal goal.	3 – 12 [safety goal], 22 [eating healthy foods], 24 [physical activity]
HE.3.R.2.2 Identify ways in which my decisions affect others.	3 – 13 [making safe choices], 26 [being tobacco and alcohol free]
HE.3.R.2.3 Describe positive ways to deal with failure and learn from challenges.	Can be addressed in 3 – 1
HE.3.R.2.4 Discuss how skills can be improved through hard work and perseverance.	Reinforced in all skills lessons

Grade 3	HealthSmart Grade – Lesson
Resiliency Education Strand <i>(continued)</i>	
Mentorship and Citizenship	
HE.3.R.3.1 Identify leadership opportunities within the school and the community.	Not covered
HE.3.R.3.2 Identify opportunities to volunteer or serve others in the school or community.	Not covered
Critical Thinking and Problem Solving	
HE.3.R.4.1 Explain the importance of always taking ownership for personal actions.	3 – 9, 11, 14
HE.3.R.4.2 Identify different solutions and potential outcomes when problems arise.	Can be demonstrated in group work throughout the lessons

Grade 4	HealthSmart Grade – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.4.PHC.1.1 Identify healthy behaviors that affect personal health.	4 – 1, 2, 3 [stress management], 4, 5, 6 [troublesome feelings], 7, 9 [healthy habits], 8 [protecting eyes/ears], 10, 12 [risk taking], 13 [dares], 14 [conflict resolution], 16, 17 [healthy eating], 18 [physical activity], 20, 21 [avoiding tobacco/alcohol use], 25, 26, 28 [changes of puberty]
HE.4.PHC.1.2 Understand how you can prevent childhood injuries in the home, school, and community settings.	4 – 3 [stress management], 10, 12 [risk taking], 11 [staying safe], 14, 15 [conflict resolution]
HE.4.PHC.1.3 Recognize there are body parts inside and outside of the body.	Reproductive parts covered in Grade 5
HE.4.PHC.1.4 Recognize ways you can prevent common communicable diseases.	4 – 7 [hygiene included in healthy habits]
Internal and External Influences	
HE.4.PHC.2.1 Identify members of the school and community who support personal health practices and behaviors.	4 – 11 [staying safe]
HE.4.PHC.2.2 Name healthy behaviors that family members should practice.	Not covered
HE.4.PHC.2.3 Identify safe and unsafe examples of internet use.	Not covered
Prevention and Decision Making	
HE.4.PHC.3.1 Name situations when a health-related decision can be made individually or when assistance is needed.	4 – 14 [simple vs. serious conflict], 28 [decision making for a healthy future]
HE.4.PHC.3.2 Recognize healthy options to personal health-related issues or problems.	4 – 28 [decision making for a healthy future]
HE.4.PHC.3.3 Recognize the consequences of not following rules/practices when making healthy and safe decisions.	4 – 8 [protecting eyes/ears], 10, 12 [risks]
HE.4.PHC.3.4 Define a personal health goal and how it relates to overall health.	4 – 9 [healthy habits], 19 [eating/physical activity]
Advocacy	
HE.4.PHC.4.1 Identify the appropriate responses to unwanted, unsafe, and threatening situations.	4 – 6, 11, 12, 13, 14, 15

Grade 4	HealthSmart Grade – Lesson
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.4.CEH.1.1 Recognize ways the community encourages a healthy environment.	4 – 11
HE.4.CEH.1.2 Recognize ways in the community to prevent common communicable diseases.	Not covered
Internal and External Influence	
HE.4.CEH.2.1 Explain the importance of rules to maintain health.	4 – 11, 12
Prevention and Decision Making	
HE.4.CEH.3.1 Recognize ways the community can prevent childhood injuries in the school and community settings.	4 – 11
Advocacy	
HE.4.CEH.4.1 Encourage others to make positive health choices.	4 – 20, 24 [avoiding tobacco/alcohol use], 25, 26 [healthy choices around puberty]
Consumer Health Concepts Strand	
Core Concepts	
HE.4.CH.1.1 Recognize warning labels and signs on hazardous products and places.	4 – 11
Prevention and Decision Making	
HE.4.CH.3.1 Define healthy and unhealthy choices.	4 – 3 [stress], 4, 5 [emotions], 7 [sun protection], 8 [protecting eyes/ears], 10, 12 [risks], 13 [dares], 14 [conflict], 17 [healthy eating], 18 [physical activity], 20 [tobacco and alcohol use], 28 [decision making]
Advocacy	
HE.4.CH.4.1 Define ways to ask for support from a trusted adult or professional.	4 – 4, 6, 14, 15, 27

Grade 4	HealthSmart Grade – Lesson
Resiliency Education Strand	
Character	
HE.4.R.1.1 Define and give examples of kindness and caring.	Not covered
HE.4.R.1.2 Demonstrate the ability to take turns and share with others.	Can be demonstrated in class discussion and group work throughout the lessons
HE.4.R.1.3 Describe ways to show respect to others.	4 – 26
HE.K.R.1.4 Identify the difference between the truth and a lie.	Not covered
Personal Responsibility	
HE.K.R.2.1 Identify healthy choices that affect personal wellness.	4 – 1, 2, 3 [stress management], 4, 5, 6 [troublesome feelings], 7, 9 [healthy habits], 8 [protecting eyes/ears], 10, 12 [risk taking], 13 [dares], 14 [conflict resolution], 16, 17 [healthy eating], 18 [physical activity], 20, 21 [avoiding tobacco/alcohol use], 25, 26, 28 [changes of puberty]
HE.K.R.2.2 Demonstrate the ability to follow rules and directions.	Can be demonstrated in group work and work on activity sheets throughout the lessons
HE.K.R.2.3 Discuss the value of goal setting.	4 – 9 [healthy habits], 19 [eating/physical activity]
HE.K.R.2.4 Identify and recognize basic feelings.	4 – 4, 5, 6
HE.K.R.2.5 Identify personal strengths and actions individuals can do independently.	4 – 12 [around risks], 14 [around conflict], 19 [eating/activity goals], 26 [dealing with puberty], 28 [decision making]
Mentorship and Citizenship	
HE.K.R.3.1 Identify the roles and responsibilities of trusted adults.	4 – 4, 6, 27
HE.K.R.3.2 Identify characteristics of a good citizen in school and the community.	Not covered
Critical Thinking and Problem Solving	
HE.K.R.4.1 Identify when help is needed and who to ask for help.	4 – 4, 6, 15, 27
HE.4.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.	Can be demonstrated in class discussion and group work throughout the lessons
HE.4.R.4.3 Discuss ways to work together to solve problems.	Can be demonstrated in class discussion and group work throughout the lessons

Grade 5	HealthSmart Grade – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.5.PHC.1.1 Identify healthy behaviors that affect personal health.	5 – 1 [emotional health], 2 [relationships], 4 [health information], 5,6 [chronic disease], 7, 8 [bullying], 11 [fights], 13 [helping friends], 16, 17, 18, 19 [healthy eating], 20, 21 [physical activity], 24, 25, 26, 27, 30 [alcohol use], 32, 33, 34, 35 [changes of puberty]
HE.5.PHC.1.2 Understand how you can prevent childhood injuries in the home, school, and community settings.	5 – 9 [bullying], 10, 11, 12 [fights] [Grade 4 focuses on injury; Grade 5 on violence]
HE.5.PHC.1.3 Recognize there are body parts inside and outside of the body.	5 – 34, 35 [reproductive systems only]
HE.5.PHC.1.4 Recognize ways you can prevent common communicable diseases.	5 – 6
Internal and External Influences	
HE.5.PHC.2.1 Identify members of the school and community who support personal health practices and behaviors.	5 – 9 [bullying], 12 [fights], 13 [helping friends], 19 [eating habits]
HE.5.PHC.2.2 Name healthy behaviors that family members should practice.	5 – 19 [healthy eating], 30 [alcohol use], 33 [puberty and family responsibilities]
HE.5.PHC.2.3 Identify safe and unsafe examples of internet use.	Not covered
Prevention and Decision Making	
HE.5.PHC.3.1 Name situations when a health-related decision can be made individually or when assistance is needed.	5 – 12 [preventing fights], 29 [alcohol use]
HE.5.PHC.3.2 Recognize healthy options to personal health-related issues or problems.	5 – 12 [preventing fights], 29 [alcohol use]
HE.5.PHC.3.3 Recognize the consequences of not following rules/practices when making healthy and safe decisions.	5 – 12 [preventing fights], 29 [alcohol use]
HE.5.PHC.3.4 Define a personal health goal and how it relates to overall health.	5 – 22, 23 [eating/physical activity goal]
Advocacy	
HE.5.PHC.4.1 Identify the appropriate responses to unwanted, unsafe, and threatening situations.	5 – 9 [bullying], 12 [fights], 13 [need for help]

Grade 5	HealthSmart Grade – Lesson
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.5.CEH.1.1 Recognize ways the community encourages a healthy environment.	5 – 14 [media influences on violence]
HE.5.CEH.1.2 Recognize ways in the community to prevent common communicable diseases.	Can extend discussion of personal actions to wider community in lessons identified for HE.5.PHC.1.4
Internal and External Influence	
HE.5.CEH.2.1 Explain the importance of rules to maintain health.	Not covered
Prevention and Decision Making	
HE.5.CEH.3.1 Recognize ways the community can prevent childhood injuries in the school and community settings.	Can extend discussion of personal actions to wider community in lessons identified for HE.5.PHC.1.2
Advocacy	
HE.5.CEH.4.1 Encourage others to make positive health choices.	5 – 9 [reporting bullying], 15 [taking a stand against violence], 27 [avoiding alcohol use], 36 [gender roles]
Consumer Health Concepts Strand	
Core Concepts	
HE.5.CH.1.1 Recognize warning labels and signs on hazardous products and places.	Not covered
Prevention and Decision Making	
HE.5.CH.3.1 Define healthy and unhealthy choices.	5 – 1, 6, 10, 11, 18, 19, 21, 24, 29, 37
Advocacy	
HE.5.CH.4.1 Define ways to ask for support from a trusted adult or professional.	5 – 9, 12, 13, 31, 38

Grade 5	HealthSmart Grade – Lesson
Resiliency Education Strand	
Character	
HE.5.R.1.1 Define and give examples of kindness and caring.	5 – 2, 3
HE.5.R.1.2 Demonstrate the ability to take turns and share with others.	Can be demonstrated in class discussion and group work throughout the lessons
HE.5.R.1.3 Describe ways to show respect to others.	5 – 3
HE.5.R.1.4 Identify the difference between the truth and a lie.	Not covered
Personal Responsibility	
HE.5.R.2.1 Identify healthy choices that affect personal wellness.	5 – 1 [emotional health], 2 [relationships], 4 [health information], 5,6 [chronic disease], 7, 8 [bullying], 11 [fights], 13 [helping friends], 16, 17, 18, 19 [healthy eating], 20, 21 [physical activity], 24, 25, 26, 27, 30 [alcohol use], 32, 33, 34, 35 [changes of puberty]
HE.5.R.2.2 Demonstrate the ability to follow rules and directions.	Can be demonstrated in group work and work on activity sheets throughout the lessons
HE.5.R.2.3 Discuss the value of goal setting.	5 – 22, 23 [eating/physical activity goal]
HE.5.R.2.4 Identify and recognize basic feelings.	Covered in Grades K, 1, 2, 3, 4
HE.5.R.2.5 Identify personal strengths and actions individuals can do independently.	5 – 1, 32
Mentorship and Citizenship	
HE.5.R.3.1 Identify the roles and responsibilities of trusted adults.	5 – 9, 12, 13, 31, 38
HE.5.R.3.2 Identify characteristics of a good citizen in school and the community.	Not covered
Critical Thinking and Problem Solving	
HE.5.R.4.1 Identify when help is needed and who to ask for help.	5 – 9, 12, 13, 31, 38
HE.5.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.	Can be demonstrated in class discussion and group work throughout the lessons
HE.5.R.4.3 Discuss ways to work together to solve problems.	Can be demonstrated in class discussion and group work throughout the lessons