

## GROWING HEALTHY - GRADE THREE

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
<p><b>Intro Phase</b></p> <p>Day 1</p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>		<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p>
<p>Day 2</p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Day 3</p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p>

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Day 4	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

<b>Phase One</b>			
Day 1	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p>
Day 2	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p> <p>Identify ways that living things are organized and classified. 3:1:b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/tex. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Day 3	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p>

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Day 3 (Continued)			Examine oral/visual information for usefulness. 3:3:a
Day 4	Describe the basic structure and functions of the human body systems. 1:2:a Define age-appropriate health-related vocabulary. 4:2:c	Identify relationships between structures and functions within an organism. 3:1:a	Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Apply fundamental conventions of language in written work. 2:1:a Write on a routine basis to gain confidence in personal work. 2:3:c Write to interpret and use new or unfamiliar information. 2:4:c Examine oral/visual information for usefulness. 3:3:a
Day 5	Describe the basic structure and functions of the human body systems. 1:2:a Define age-appropriate health-related vocabulary. 4:2:c	Identify relationships between structures and functions within an organism. 3:1:a	Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Day 6	Describe the basic structure and functions of the human body systems. 1:2:a Define age-appropriate health-related vocabulary. 4:2:c	Identify relationships between structures and functions within an organism. 3:1:a	Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Day 7	Describe the basic structure and functions of the human body systems. 1:2:a	Identify relationships between structures and functions within an organism. 3:1:a	Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c

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Day 7 (Continued)	Define age-appropriate health-related vocabulary. 4:2:c		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Day 8	Describe the basic structure and functions of the human body, 1:2:a		
Day 8-10 Station 1	Describe the basic structure and functions of the human body. 1:2:a		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Station 2	Describe the basic structure and functions of the human body. 1:2:a		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g.,</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

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Station 3	Describe the basic structure and functions of the human body. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Station 4	Describe the basic structure and functions of the human body. 1:2:a		
Station 5	Describe the basic structure and functions of the human body. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Day 11	Describe the basic structure and functions of the human body. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Apply fundamental conventions of language in written work. 2:1:a Write on a routine basis to gain confidence in personal work. 2:3:c Write to interpret and use new or unfamiliar information. 2:4:c Examine oral/visual information for usefulness. 3:3:a

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<p><b>Phase Two</b></p> <p>Day 1</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Day 2</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Day 3</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

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Day 4	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c
	Describe practices which promote lifelong health and well-being. 3:1:c  Explain ways to achieve and maintain good health. 3:2:b Define age-appropriate health-related vocabulary. 4:2:c		Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a  Examine oral/visual information for usefulness. 3:3:a
Day 5	Explore and problem-solve ways to properly express feelings. 1:1:a Determine how appropriate and inappropriate health practices affect self and family. 1:1:c  Describe practices which promote lifelong health and well-being. 3:1:c Explain ways to achieve and maintain good health. 3:2:b Describe ways to communicate care, consideration, and respect for self and others. 4:1:a Explain various communication techniques used when interacting with family, peers, and community. 4:1:b Develop effective interpersonal communication skills. 4:1:c Describe healthy ways to express needs, wants, and feelings. 4:2:a Define age-appropriate health-related vocabulary. 4:2:c		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a Present oral information in a clear and organized manner. 4:1:c

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Day 5 (Continued)	<p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>		
Day 6	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Compare health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Day 7	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Compare health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

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<p><b>Phase Three</b></p> <p>Day 1</p>	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Day 2</p>	<p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Day 3-5</p> <p>Station 1</p>	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Station 2</p>	<p>Describe the basic structure and functions of the human body. 1:2:a</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p>

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Station 2 (Cont)	Define age-appropriate health-related vocabulary. 4:2:c		Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Station 3	Describe the basic structure and functions of the human body. 1:2:a Define age-appropriate health-related vocabulary. 4:2:c		
Station 4	Describe the basic structure and functions of the human body. 1:2:a Define age-appropriate health-related vocabulary. 4:2:c		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Station 5	Compare health care requirements and policies which affect safety and well-being. 1:3:b Define age-appropriate health-related vocabulary. 4:2:c		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Day 6	Define age-appropriate health-related vocabulary. 4:2:c	Demonstrate safety when engaged in scientific activity. 1:2:c	
Day 7			Apply fundamental conventions of language in written work. 2:1:a Write on a routine basis to gain confidence in personal work. 2:3:c Write to interpret and use new or unfamiliar information. 2:4:c

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<p><b>Phase Four</b></p> <p>Day 1</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		
<p>Day 2</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
<p>Day 3</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 3 (Continued)	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		Examine oral/visual information for usefulness. 3:3:a
Day 4	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p>
Day 5	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Compare the benefits of various types of health resources. 2:2:b</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Explain how progress in science can be affected by social issues and challenges. 5:1:a</p>	

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 5 (Continued)	<p>Identify significant community health issues. 5:1:a</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> <p>Explore how medical advances affect personal and family health. 5:1:c</p>		
Day 6	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>		

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 6 (Continued)	Identify significant community health issues. 5:1:a Examine information to determine causes of major health issues. 5:1:b		
Day 7	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a Explain various communication techniques used when interacting with family, peers, and community. 4:1:b Develop effective interpersonal communication skills. 4:1:c		Apply fundamental conventions of language in written work. 2:1:a  Write on a routine basis to gain confidence in personal work. 2:3:c  Write to interpret and use new or unfamiliar information. 2:4:c
Day 8	Examine the media's impact on personal health decisions and practices. 2:1:b  Describe ways technology influences personal health decisions and practices. 2:1:c Describe how social pressure can influence risk-taking behaviors. 3:1:b Describe practices which promote lifelong health and well-being. 3:1:c Explore how personal choices can affect one's health. 3:3:a Determine the role of personal responsibility in health-related decision making. 3:3:b		Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a Examine oral/visual information for usefulness. 3:3:a
Day 9	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c

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Day 9 (Continued)	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Identify significant community health issues. 5:1:a</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Day 10	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Explain the importance of following prescribed/recommended treatment. 2:3:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

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Day 10 (Continued)	<p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situation. 4:3:c</p> <p>Identify significant community health issues. 5:1:a</p>		
Day 11	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
Day 12	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p>		<p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Describe how attributes of an audience influence presentation language. 4:2:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 12 (Continued)	<p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>		
<p><b>Phase 5</b></p> <p>Day 1</p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 2	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	Describe situations that illustrate the impact of human activity on the environment. 5:2:a	<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Day 3	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 3 (Continued)	Define age-appropriate health-related vocabulary. 4:2:c		
Day 4	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Day 5	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Compare health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Explains the interrelationship of science, technology, and society. 5:1:c</p> <p>Describe situations that illustrate the impact of human activity on the environment. 5:2:a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 5 (Continued)	Identify significant community health issues. 5:1:a Recognize how different plans address various community health issues. 5:2:a Predict the possible impact of various health plans/strategies on family and community. 5:2:c		
Day 6	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c Describe ways to avoid or reduce common childhood health problems. 1:2:c Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Explain ways to achieve and maintain good health. 3:2:b Explore how personal choices can affect one's health. 3:3:a		
Day 6-8 Station 1	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c Describe ways to avoid or reduce common childhood health problems. 1:2:c Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c	Engage in various systematic scientific investigations. 1:2:a	
Station 2	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c Describe ways to avoid or reduce common childhood health problems. 1:2:c		Gather and sort specific information/sources to make informed decisions. 1:4:c  Examine oral/visual information for usefulness. 3:3:a

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Station 2 (Cont)	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p>		Present oral information in a clear and organized manner. 4:1:c
Station 3	Describe the basic structure and functions of the human body. 1:2:a		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-Rom, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Station 4	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p>		<p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Present oral information in a clear and organized manner. 4:1:c</p>
Station 5	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c		

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Station 5 (Cont)	Describe ways to avoid or reduce common childhood health problems. 1:2:c Describe practices which promote lifelong health and well-being. 3:1:c Describe behaviors which support others in making healthy choices. 5:3:a		
Station 6	Describe behaviors which support others in making healthy choices. 5:3:a Explore ways to advocate good health in families, schools, and communities. 5:3:b Explore the ways to help others obtain good health care. 5:3:c		Present oral information in a clear and organized manner. 4:1:c