



Newburyport Health Curriculum Framework Guide - Grades 3-5

Focus Areas

In Grades 3-5 the focus on student learning in Health is on the following areas:

1. Physical Health
2. Social & Emotional Health
3. Safety & Prevention
4. Personal & Community Health

Guiding Principles for Grades 3-5 Health

Health Promotion and Disease Prevention

Healthy behaviors and personal health
Emotional, intellectual, physical, and social health
Personal health promotion and injury prevention

Influences on Healthy Behaviors

Influences on health practices and behaviors
Supports for personal health practices and behaviors
Influences on personal health behaviors

Enhancing Health and Reducing Health Risks

Characteristics and resources of valid health information, products, and services
Effective verbal and nonverbal communication skills to enhance health
Refusal skills that avoid or reduce health risks
Strategies to manage or resolve conflict
Asking for assistance to enhance personal health

Decision-making Skills to Enhance Health

Health-related decision making skills
Healthy options to health-related issues
Choosing healthy options and outcomes

Goal-setting Skills to Enhance Health

Setting personal health goals and tracking progress
Resources to assist in achieving a personal health goal

Strategies and Skills to Enhance Health and Reduce Health Risks

Responsible personal health behaviors
Healthy practices and behaviors to maintain or improve personal health
Behaviors to avoid or reduce health risks

Advocate for Personal, Family and Community Health

Expressing opinions and giving accurate information about health issues
Encouraging others to make positive health choices