

**ANIMAL OLYMPICS, HUMAN OLYMPICS**  
**For 4<sup>th</sup> grade on up**

**GRADE 4 Standard 2: Earth Science**

**Core Standard**

Describe how the supply of natural resources is limited and investigate ways that humans protect and harm the environment.

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- 4.2.4 Investigate earth materials that serve as natural resources and gather data to determine which ones are limited by supply.
- 4.2.5 Describe methods that humans currently use to extend the use of natural resources.
- 4.2.6 Describe ways in which humans have changed the natural environment. Explain if these changes have been detrimental or beneficial.

**Standard 3: Life Science**

Observe, describe and ask questions about structures of organisms and how they affect their growth and survival.

- 4.3.2 Observe, compare and record the physical characteristics of living plants or animals from widely different environments. Describe how each plant or animal is adapted to its environment.
  - 4.3.3 Design investigations to explore how organisms meet some of their needs by responding to stimuli from their environments.
  - 4.3.4 Describe a way that a given plant or animal might adapt to a change arising from a human or non-human impact on its environment.
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**Standard 1: History**

- 4.1.9 Give examples of Indiana's increasing agricultural, industrial, political and business development in the nineteenth century.
  - 4.1.11 Identify and describe important events and movements that changed life in Indiana in the early twentieth century.
  - 4.1.12 Describe the transformation of Indiana through immigration and through developments in agriculture, industry and transportation. (Individuals, Society and Culture)
  - 4.1.13 Identify and describe important events and movements that changed life in Indiana from the mid-twentieth century to the present.
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**Standard 2: Civics and Government**

Students will describe the components and characteristics of Indiana's constitutional form of government; explain the levels and three branches of Indiana's government; understand citizenship rights and responsibilities; investigate civic and political issues and problems; use inquiry and communication skills to report findings in charts, graphs, written and verbal forms; and demonstrate responsible citizenship by exercising civic virtues and participation skills.

- 4.2.2 Describe individual rights, such as freedom of speech, freedom of religion and the right to public education, that people have under Indiana's Bill of Rights (Article I of the Constitution).
  - 4.2.6 Define and provide examples of civic virtues in a democracy.
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**Standard 3: Geography**

Students will explain how the Earth/sun relationship influences the climate of Indiana; identify the components of Earth's physical systems; describe the major physical and cultural characteristics of Indiana; give examples of how people have adapted to and modified their environment, past and present; and identify regions of Indiana.

4.3.4 Map and describe the physical regions of Indiana and identify major natural resources and crop regions.

4.3.8 Identify the challenges in the physical landscape of Indiana to early settlers and modern day economic development. (Individuals, Society and Culture).

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#### **Standard 4: Economics**

4.4.4 Describe Indiana's emerging global connections.

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### **GRADE 4 Core Standards**

#### **Standard 1: Health & Wellness**

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

4.1.1 Explain the connection between behaviors and personal health.

4.1.2 Recognize examples of intellectual and social health.

4.1.3 Summarize ways in which a safe and healthy community environment can promote health.

4.1.4 Explain ways to prevent common health problems.

#### **Standard 2**

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

4.2.1 Describe how the family influences personal health and behaviors.

4.2.3 Determine how peers can influence unhealthy behaviors and promote wellness.

4.2.4 Identify how the community can support personal health practices.

4.2.5 Describe how media and technology can influence health behaviors.

#### **Standard 3**

Students will demonstrate the ability to access valid information and products and services to enhance health.

4.3.1 Recognize characteristics of valid health information and services.

4.3.2 Identify resources from the community that provide valid health and wellness information.

#### **Standard 5**

Students will demonstrate the ability to use decision making skills to enhance health.

4.5.1 Explain situations that may require a thoughtful health-related decision.

4.5.2 Determine when help is needed to make a health-related decision.

4.5.3 Indicate healthy alternatives to health-related issues or problems.

4.5.4 Describe the possible consequences of each option when making a health related decision.

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#### **Standard 6**

Students will demonstrate the ability to use decision making skills to enhance health.

4.6.1 Plan a personal health goal and how to monitor its progress.

4.6.2 Discuss resources to help achieve a personal health goal.

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#### **Standard 7**

Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

4.7.1 Describe positive health behaviors.

4.7.2 Describe a healthy behavior to improve personal health and wellness.

4.7.3 Describe behaviors to reduce health risk.

### **Standard 8**

Students will demonstrate the ability to advocate for personal, family and community health.

4.8.1 Give accurate information about a health issue.

4.8.2 Illustrate how to assist others to make positive health choices.

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## **GRADE 5 Core Standards**

### **Standard 3: Life Science**

Observe, describe and ask questions about how changes in one part of an ecosystem create changes in other parts of the ecosystem.

5.3.1 Observe and classify common Indiana organisms as producers, consumers, decomposers, predator and prey based on their relationships and interactions with organisms in their ecosystem.

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### **Standard 2: Civics and Government**

5.2.8 Describe group and individual actions that illustrate civic virtues, such as civility, cooperation, respect and responsible participation. (Individuals, Society and Culture).

5.2.10 Use a variety of information resources to identify and evaluate contemporary issues that involve civic responsibility, individual rights and the common good.

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### **Standard 3: Geography**

Students will describe the Earth/sun relationship and use global grid systems. They will identify regions; describe physical and cultural characteristics; and locate states, capitals and major physical features of the United States. They will also explain the changing interaction of people with their environment in regions of the United States and show how the United States is related geographically to the rest of the world.

5.3.7 Identify major sources of accessible fresh water and describe the impact of access on the local and regional communities.

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## **GRADE 5 Core Standards**

### **Standard 1: Health & Wellness**

Describe the relationship between healthy behaviors and personal health.

5.1.1 Describe the relationship between healthy behaviors and personal health.

5.1.2 Identify examples of emotional, intellectual, physical, and social health.

5.1.3 Describe ways in which a safe and healthy school and community environment can promote personal health.

5.1.4 Describe ways to prevent common childhood injuries and health problems.

### **Standard 2: Health & Wellness**

Students will analyze the influence of how family, peers, culture, media, technology and other factors on health behaviors.

5.2.1 Describe how the family influences personal health practices and behaviors.

5.2.2 Identify the influence of culture on health practices and behaviors.

- 5.2.3 Identify how peers can influence healthy and unhealthy behaviors.
- 5.2.4 Describe how the school and community can support personal health practices and behaviors.
- 5.2.5 Explain how the media influences thoughts, feelings, and health behaviors.
- 5.2.6 Describe ways technology can influence personal health.

**Standard 3: Health & Wellness**

Students will demonstrate the ability to access valid information and products and services to enhance health.

- 5.3.1 Identify characteristics of valid health information, products and services.
- 5.3.2 Locate resources from home, school and community that provide valid health information.

**Standard 5: Health & Wellness**

Students will demonstrate the ability to use decision making skills to enhance health.

- 5.5.1 Identify health related situations that may require a thoughtful decision.
- 5.5.2 Analyze when assistance is needed in making a health related decision.
- 5.5.3 List healthy options to health related issues or problems.
- 5.5.4 Predict the potential outcomes of each option when making a health related decision.
- 5.5.5 Choose a healthy option when making a decision.
- 5.5.6 Describe the outcomes of a health related decision.

**Standard 6: Health & Wellness**

Students will demonstrate the ability to use goal setting skills to enhance health.

- 5.6.1 Set a personal health goal and track progress toward its achievement.
- 5.6.2 Identify resources to assist in achieving a personal health goal.

**Standard 7: Health & Wellness**

Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

- 5.7.1 Identify responsible personal health behaviors.
- 5.7.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
- 5.7.3 Demonstrate a variety of behaviors to avoid or reduce health risks.

**Standard 8: Health & Wellness**

Students will demonstrate the ability to advocate for personal, family and community health.

- 5.8.1 Express opinions and give accurate information about health issues.
- 5.8.2 Encourage others to make positive health choices.

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**GRADE 6 Standard 1: Health & Wellness**

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 6.1.1 Compare how healthy behaviors and personal health are linked.
- 6.1.3 Examine how one's surroundings impact health and wellness.
- 6.1.4 Identify how family culture or beliefs can impact personal health.
- 6.1.5 List ways to reduce or prevent injuries.
- 6.1.7 Identify the benefits of practicing healthy behaviors.
- 6.1.8 Describe the likelihood of injuries or illnesses if engaging in unhealthy behaviors.

**Standard 2**

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 6.2.1 Identify how family practices influence the health of adolescents.
- 6.2.3 Explain how peers influence healthy behaviors.
- 6.2.4 Identify how the community can affect personal health practices and behaviors.
- 6.2.5 Illustrate how media messages influence health behaviors.
- 6.2.6 Explain the influence of technology on family health.
- 6.2.7 Identify norms that influence health behaviors.
- 6.2.8 List the influence of personal values on health practices.
- 6.2.9 Identify how some health choices influence unhealthy behaviors.
- 6.2.10 Describe how school policies can influence health promotion.

#### **Standard 4**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 6.4.3 Choose effective conflict management strategies.
- 6.4.4 Choose how to ask for assistance to enhance the health of self.

#### **Standard 5**

Students will demonstrate the ability to use decision-making skills to enhance health.

- 6.5.2 Explain when health-related situations require a thoughtful decision-making process.
- 6.5.4 Identify healthy and unhealthy options to health-related issues or problems.
- 6.5.5 Describe the potential short-term impact of each choice on self and others.
- 6.5.6 Distinguish healthy options over unhealthy options when making a decision.
- 6.5.7 Predict the results of a health-related decision.

#### **Standard 6**

Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.6.1 Examine personal health behaviors.
- 6.6.2 Identify a goal to adopt a personal health practice.
- 6.6.3 Develop strategies to achieve a personal health goal.

#### **Standard 7**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 6.7.1 Identify the importance of being responsible for health behaviors.
- 6.7.2 Indicate healthy behaviors that will maintain or improve the health of self and others.
- 6.7.3 Identify practices to avoid or reduce health risks to self and others.

### **GRADE 7 Standard 1: Health & Wellness**

- 7.1.1 Examine how healthy behaviors influence personal health.
- 7.1.3 Discover how the environment can impact personal health.
- 7.1.7 Determine the barriers to practicing healthy behaviors.
- 7.1.8 Predict the risk of injury or illness if engaging in unhealthy behaviors.

#### **Standard 2**

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 7.2.1 Describe how family values and behaviors influence the health of adolescents.
- 7.2.2 Discuss the influence of culture on health behaviors.
- 7.2.3 Describe how peers influence unhealthy behaviors.

- 7.2.4 Identify how the school can affect personal health practices and behaviors.
- 7.2.5 Examine how information from the media influences health behaviors.
- 7.2.6 Interpret the influence of technology on personal health.
- 7.2.7 Indicate how the perceptions of norms influence healthy and unhealthy behaviors.
- 7.2.8 Describe the influence of personal beliefs on health practices and behaviors.
- 7.2.9 Discuss how some risky choices can influence the likelihood of unhealthy behaviors.
- 7.2.10 Identify how public health policies can influence disease prevention.

### **Standard 3**

Students will demonstrate the ability to access valid information and products and services to enhance health.

- 7.3.1 Explain the validity of health information.
- 7.3.2 Locate valid health information from school and community.
- 7.3.3 Identify how to access products that enhance health.
- 7.3.4 Determine situations that require health services.
- 7.3.5 Select valid and reliable health products.

### **Standard 4**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 7.4.1 Demonstrate effective communication skills to enhance health.
- 7.4.4 Model how to ask for assistance to enhance the health of others.

### **Standard 5**

Students will demonstrate the ability to use decision-making skills to enhance health.

- 7.5.1 Describe situations that can help or hinder healthy decision-making.
- 7.5.2 Recognize when health-related situations require a thoughtful decision-making process.
- 7.5.4 Differentiate between healthy and unhealthy choices to health-related issues or problems.
- 7.5.5 Examine the potential short-term impact of each option on self and others.
- 7.5.6 Choose healthy choices over unhealthy choices when making a decision.
- 7.5.7 Examine the consequences of a health-related decision.

### **Standard 6**

Students will demonstrate the ability to use goal-setting skills to enhance health.

- 7.6.1 Analyze the effectiveness of personal health practices.
- 7.6.2 Select a goal to improve a personal health practice.

### **Standard 7**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.7.1 Show the importance of being accountable for personal health behaviors.
- 7.7.2 Describe healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.7.3 Describe behaviors to avoid or reduce health risks to self and others.

### **Standard 8**

Students will demonstrate the ability to advocate for personal, family and community health.

- 7.8.1 Select a health enhancing position and support it with accurate information.
- 7.8.2 Demonstrate how to influence and support others to make positive health choices.
- 7.8.4 Explain ways that health messages can be altered for different audiences.

## **GRADE 8 Standard 1: Health & Wellness**

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 8.1.1 Analyze the relationship between healthy behaviors and personal health.
- 8.1.3 Analyze how the environment impacts personal health.
- 8.1.4 Describe how family history can impact personal health.
- 8.1.7 Describe the benefits of and barriers to practicing healthy behaviors.
- 8.1.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 8.1.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

### **Standard 2**

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 8.2.1 Examine how the family influences the health of adolescents.
- 8.2.3 Describe how peers influence healthy and unhealthy behaviors.
- 8.2.4 Analyze how the school and community can affect personal health practices and behaviors.
- 8.2.5 Analyze how messages from the media influence health behaviors.
- 8.2.6 Analyze the influence of technology on personal and family health.
- 8.2.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 8.2.8 Explain the influence of personal values and beliefs on individual health practice and behaviors.
- 8.2.10 Explain how school and public health policies can influence health promotion and disease prevention.

### **Standard 3**

- 8.3.1 Analyze the validity of health information, products and services.
- 8.3.2 Access valid health information from home, school and community.
- 8.3.3 Determine the accessibility of products that enhance health.
- 8.3.5 Locate valid and reliable health products and services.

### **Standard 4**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 8.4.1 Apply effective verbal and non-verbal communication skills to enhance health.
- 8.4.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- 8.4.3 Demonstrate effective conflict management or resolution strategies.
- 8.4.4 Demonstrate how to ask for assistance to enhance the health of self and others.

### **Standard 5**

Students will demonstrate the ability to use decision-making skills to enhance health.

- 8.5.1 Identify circumstances that can help or hinder healthy decision making.
- 8.5.2 Determine when health-related situations require the application of a thoughtful decision-making process.
- 8.5.3 Distinguish when individual or collaborative decision making is appropriate.
- 8.5.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 8.5.5 Predict the potential short-term impact of each alternative on self and others.
- 8.5.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
- 8.5.7 Analyze the outcomes of a health-related decision.

**Standard 6**

- 8.6.1 Assess personal health practices
- 8.6.2 Develop a goal to adopt, maintain or improve a personal health practice.
- 8.6.3 Apply strategies and skills needed to attain a personal health goal.

**Standard 7**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 8.7.1 Explain the importance of assuming responsibility for personal health behaviors.
- 8.7.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 8.7.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

**Standard 8**

Students will demonstrate the ability to advocate for personal, family and community health.

- 8.8.1 State a health-enhancing position on a topic and support it with accurate information.
- 8.8.2 Demonstrate how to influence and support others to make positive health choices.
- 8.8.3 Work cooperatively to advocate for health individuals, families and schools.
- 8.8.4 Identify ways that health messages and communication techniques can be altered for different audiences.

**GRADES 9-12 Standard 1: Health and Wellness**

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- HW.1.1 Document how personal behaviors can impact health.
- HW.1.2 Explain the interrelationships of emotional, social and physical health.
- HW.1.3 Examine how the environment and health are connected
- HW.1.5 Formulate ways to prevent or reduce the risk of health problems.
- HW.1.6 Investigate the connection between access to health care and health status.
- HW.1.7 Summarize the benefits and barriers to practicing healthy behaviors.
- HW.1.8 Predict susceptibility to injury or illness if engaging in unhealthy behaviors.
- HW.1.9 Discover the severity of illness if engaging in unhealthy behaviors.

**Standard 2**

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- HW.2.1 Examine how the family impacts the health of individuals.
- HW.2.2 Examine how society supports and challenges health beliefs, practices and behaviors.
- HW.2.3 Examine how adolescents influence healthy and unhealthy behaviors.
- HW.2.3 Assess how the school and community can influence health practices and behaviors.
- HW.2.5 Analyze the effect of media on personal health.
- HW.2.6 Analyze the impact of technology on personal and family health.
- HW.2.7 Examine how norms influence health-related behaviors.
- HW.2.8 Determine the influence of personal values on health practices and behaviors.
- HW.2.10 Examine how public health policies and government regulations can influence health promotion and disease prevention.

**Standard 3**

Students will demonstrate the ability to access valid information and products and services to enhance health.

HW.3.1 Assess how to determine the validity of health information, products and services.

HW.3.2 Utilize resources from school and community that provide valid health information.

HW.3.3 Investigate the accessibility of products and services that enhance health.

HW.3.4 Examine when professional health services may be required.

HW.3.5 Select valid and reliable health products and services.

#### **Standard 4**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HW.4.1 Model skills for communicating effectively with others to enhance health.

HW.4.2 Apply refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.

HW.4.3 Apply strategies to manage or resolve interpersonal conflicts without harming self or others.

HW.4.4 Illustrate how to offer assistance to enhance the health of self and others.

#### **Standard 5**

HW.5.1 Determine barriers to healthy decision making.

HW.5.2 Outline the value of applying a thoughtful decision-making process to a health-related situation.

HW.5.3 Assess when independent or collaborative decision making is appropriate.

HW.5.4 Propose alternative choices to health-related issues or problems.

HW.5.5 Analyze the potential short and long-term outcome of each alternative on self and others.

HW.5.6 Determine the health-enhancing choice when making decisions.

HW.5.7 Assess the potential success or consequence of health-related decisions.

#### **Standard 6**

Students will demonstrate the ability to use goal-setting skills to enhance health.

HW.6.1 Evaluate personal health practices and overall health.

HW.6.2 Formulate a plan to achieve a health goal that addresses strengths, needs and risks.

HW.6.3 Determine an effective long-term personal health plan.

#### **Standard 7**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HW.7.1 Examine individual responsibility for improving health.

HW.7.2 Illustrate a variety of healthy practices that will maintain or improve health.

HW.7.3 Model behaviors to reduce health risks.

#### **Standard 8**

Students will demonstrate the ability to advocate for personal, family and community health.

HW.8.1 Apply accurate peer and societal norms to formulate a health-enhancing message

HW.8.2 Model how to influence and support others to make positive health choices.

HW.8.3 Work with others to advocate for improving personal, family and community health.

HW.8.4 Modify health messages and communication techniques to a specific target audience.

ALSO APPLIES TO ADVANCED HEALTH AND WELLNESS (AH) STANDARDS  
FAMILY & CONSUMER SCIENCE (FACS)

Adult Roles And Responsibilities (2008)

**Standard 1**

Students will integrate processes of thinking, communication, leadership, and management in order to apply interpersonal relationships knowledge and skills.

ARR-1.1 Demonstrate components of critical thinking, creative thinking, and reasoning.

ARR-1.2 Evaluate effective communication processes in school, family, career, and community settings.

ARR-1.3 Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members.

ARR-1.4 Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities.

ARR-1.1.5 Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues.

**Standard 2**

Students will analyze personal standards, needs, aptitudes, and goals and their impact on family, career, and community interactions.

ARR-2.2 Determine personal standards and their effects on life choices.

ARR-2.3 Examine impacts of needs and aptitudes on family and community interactions, choices, and personal fulfillment.

**Standard 3**

Students will integrate multiple life roles and responsibilities in family, career, and community settings.

ARR-3.2 Analyze impacts of multiple life roles and responsibilities on various types of relationships.

ARR-3.3 Evaluate responsible ways of behaving and relating to others in family, career, and community settings.

ARR-3.4 Analyze interrelationships among family, career, and community roles and responsibilities.

**Standard 4**

**Students will demonstrate management of individual and family resources, including food, clothing, shelter, and transportation.**

ARR-4.1 Demonstrate processes used to set standards, make choices, and satisfy needs and wants for nutrition and wellness, clothing, housing, and transportation.

ARR-4.2 Apply management and planning skills and processes to organize tasks and fulfill responsibilities.

ARR-4.3 Demonstrate skills in seeking consumer information, taking consumer responsibility, and exercising consumer rights.

ARR-4.4 Evaluate features, prices, and performance of consumer goods in light of personal standards, goals, and resources.

ARR-4.5 Determine individual and family responsibilities in conserving, reusing, and recycling resources to maintain the environment.

ARR-4.6 Assess the use of technology and its impact on quality of life and family

resources.

### **Standard 5**

Students will demonstrate management of financial resources to meet goals of individuals and families across the life span. (See also: Financial Literacy Education high school standards)

#### **ARR-5.1 Financial Responsibility & Decision Making**

- 5.1.1 Demonstrate financial planning strategies that reflect needs, wants, standards, goals, and economic resources.
- 5.1.2 Determine financial practices that foster economic self-sufficiency for individuals and families.

## **MIDDLE SCHOOL FACS**

### **Standard 1 Life & Careers**

Integrate multiple life roles and responsibilities in school, family, career, and community settings.

### **Standard 4: Interdependence**

#### **Core Standard**

Describe the relationship between living and nonliving components of ecosystems and describe how that relationship is in flux due to natural changes and human actions.

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- B.4.1 Explain that the amount of life environments can support is limited by the available energy, water, oxygen and minerals and by the ability of ecosystems to recycle the remains of dead organisms.
- B.4.2 Describe how human activities and natural phenomena can change the flow and of matter and energy in an ecosystem and how those changes impact other species.
- B.4.4 Describe how climate, the pattern of matter and energy flow, the birth and death of new organisms, and the interaction between those organisms contribute to the long-term stability of an ecosystem.

### **Standard 8: Evolution**

#### **Core Standard**

Describe how modern evolutionary theory provides an explanation of the history of life on earth and the similarities among organism that exist today.

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- B.8.5 Describe how organisms with beneficial traits are more likely to survive, reproduce, and pass on their genetic information due to genetic variations, environmental forces and reproductive pressures.