

***HealthSmart* Alignment with
Alaska Content Standards
Skills for a Healthy Life**

Grades K–5

advancing
health
equity **etr.**

Grades K–2	HealthSmart (Grade – Lesson)
A. A student should be able to acquire a core knowledge related to well-being.	
Understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors.	K – 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30 1 – 1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27 2 – 1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
Understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions.	K – 5, 6, 7, 8, 21, 22, 23, 24, 25, 26, 27 1 – 5, 6, 7, 8, 21, 22, 24, 25, 26 2 – 5, 6, 7, 16, 17, 18, 20, 21, 22, 23, 24
Understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions.	K – 6, 7, 8, 9, 13, 14, 15, 16, 17 1 – 5, 7, 10, 12, 13, 14, 15, 16 2 – 5, 6, 9, 10, 11, 12, 24
Recognize patterns of abuse directed at self or others and understand how to break these patterns.	K – 11 1 – 18, 20 2 – 14, 15
Use knowledge and skills to promote the well-being of the family.	K – 3 1 – 2 2 – 1
Use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being.	K – 24, 25 1 – 24, 25 2 – 20, 21, 22
Understand the physical and behavioral characteristics of human sexual development and maturity.	Covered in Grades 4 & 5
Understand the ongoing life changes throughout the life span and healthful responses to these changes.	2 – 2
B. A student should be able to demonstrate responsibility for the student’s well-being.	
Demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences.	K – 20, 21, 28 2 – 9, 10, 11, 12, 26
Demonstrate a variety of communication skills that contribute to well-being.	K – 1, 2, 3, 9, 10, 11, 18, 29 1 – 16, 17, 18, 20, 29 2 – 4, 15
Assess the effects of culture, heritage, and traditions on personal well-being.	K – 1 1 – 1, 2 2 – 1
Develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures.	K – 3, 7, 8, 10, 11 1 – 2, 13, 14, 16, 18, 27, 29 2 – 1, 4, 14, 25

Grades K–2 (continued)	HealthSmart (Grade – Lesson)
B (continued)	
Evaluate what is viewed, read, and heard for its effect on personal well-being.	Covered in Grades 3–5
Understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.	K – 3 1 – 1, 2, 3 2 – 1
C. A student should understand how well-being is affected by relationships with others.	
Resolve conflicts responsibly.	Covered in Grade 4
Communicate effectively within relationships.	K – 1, 2, 3, 9, 10, 11, 18, 19, 29 1 – 16, 17, 18, 20, 29 2 – 4, 15
Evaluate how similarities and differences among individuals contribute to relationships.	K – 1 1 – 2 2 – 2
Understand how attitude and behavior affect the well-being of self and others.	K – 1, 2, 3, 5, 6, 7, 8, 10, 20, 23, 25, 28, 30 1 – 3, 4, 5, 6, 7, 8, 9, 19, 21, 22, 23, 25, 27, 28 2 – 2, 3, 4, 5, 7, 8, 13, 16, 17, 19, 21, 25
Assess the effects of culture, heritage, and traditions on well-being.	K – 1 1 – 1, 2 2 – 1
D. A student should be able to contribute to the well-being of families and communities.	
Make responsible decisions as a member of a family or community.	K – 20, 21, 28 2 – 9, 10, 11, 12, 26
Take responsible actions to create safe and healthy environments.	K – 11, 16, 17, 30 1 – 13, 14, 15, 18, 28 2 – 14, 15, 25, 26
Describe how public policy affects the well-being of families and communities.	Not covered
Identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities.	Not covered
Describe how volunteer service at all ages can enhance community well-being.	Not covered
Use various methods of communication to promote community well-being.	K – 11, 25, 28, 30 1 – 3, 12, 19, 22, 28 2 – 8, 15, 16, 23, 26

Grades 3–5	HealthSmart (Grade – Lesson)
A. A student should be able to acquire a core knowledge related to well-being.	
Understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors.	3 – 1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28 4 – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28 5 – 1, 2, 4, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30, 32, 33, 34, 35, 37
Understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions.	3 – 6, 8, 17, 18, 19, 20, 22, 23, 24, 25 4 – 1, 7, 8, 9, 16, 17, 18, 19, 20, 24 5 – 6, 16, 17, 18, 1+, 20, 21, 22, 24
Understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions,	3 – 6, 9, 10, 25 4 – 1, 2, 3, 10, 11, 12, 20 5 – 5, 6, 13, 24, 31
Recognize patterns of abuse directed at self or others and understand how to break these patterns.	3 – 14, 15, 16 5 – 7, 8, 9, 10, 11, 12
Use knowledge and skills to promote the well-being of the family.	3 – 3 4 – 6, 27 5 – 2, 3, 31, 28
Use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being.	3 – 23, 24 4 – 18, 19, 28 5 – 4, 20, 21, 22, 23
Understand the physical and behavioral characteristics of human sexual development and maturity.	4 – 25, 26 5 – 32, 33, 34, 35
Understand the ongoing life changes throughout the life span and healthful responses to these changes.	4 – 25, 26 5 – 32, 33
B. A student should be able to demonstrate responsibility for the student’s well-being.	
Demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences.	3 – 13, 26 4 – 14, 28 5 – 12, 29
Demonstrate a variety of communication skills that contribute to well-being.	3 – 4, 15, 16, 29 4 – 6, 13, 15, 22, 23, 27 5 – 3, 28, 31
Assess the effects of culture, heritage, and traditions on personal well-being.	3 – 21 4 – 21 5 – 19, 36
Develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures.	3 – 3, 21 4 – 21 5 – 2, 19, 30, 33

Grades 3–5 (continued)	HealthSmart (Grade – Lesson)
B (continued)	
Evaluate what is viewed, read, and heard for its effect on personal well-being.	4 – 20 5 – 4, 38
Understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.	3 – 3, 4 4 – 27 5 – 2, 3, 38
C. A student should understand how well-being is affected by relationships with others.	
Resolve conflicts responsibly.	4 – 14, 15
Communicate effectively within relationships.	3 – 4, 29 4 – 15, 22, 23 5 – 3, 28
Evaluate how similarities and differences among individuals contribute to relationships.	3 – 5 4 – 26 5 – 36
Understand how attitude and behavior affect the well-being of self and others.	3 – 1, 2, 3, 4, 5, 6, 8, 13, 17, 18, 19, 20, 22, 23, 24, 26, 28 4 – 1, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 24, 26, 28 5 – 1, 2, 3, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 21, 22, 25, 29, 30, 32, 33, 36, 37
Assess the effects of culture, heritage, and traditions on well-being.	3 – 21 4 – 21 5 – 19, 36
D. A student should be able to contribute to the well-being of families and communities.	
Make responsible decisions as a member of a family or community.	3 – 13, 26 4 – 14, 28 5 – 12, 29
Take responsible actions to create safe and healthy environments.	3 – 11, 14, 15 4 – 11, 12, 14, 24 5 – 9, 12, 15, 36
Describe how public policy affects the well-being of families and communities.	Not covered
Identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities.	Not covered
Describe how volunteer service at all ages can enhance community well-being.	Not covered
Use various methods of communication to promote community well-being.	3 – 7, 11, 15, 29 4 – 20, 24, 26 5 – 9, 15, 27, 36

