

# Iowa Common Core Standards for 21<sup>st</sup> Century Skills

*4-H Youth Development Curriculum and Kits from Iowa State University Extension and Outreach, Scott County*

Name	Target Grade	Number of Lessons	Iowa Core Content Anchor Standard in 21 <sup>st</sup> Century Skills	Specific Standard(s)
Recharge	3-6	6	Health Literacy	<p><u>Grade Three</u>            Demonstrate goal-setting skills            Develop goals to enhance health status <b>(21.3-5.HL.3)</b>            Achieve and maintain health enhancing level of physical activity            Identify personal physical strengths and weaknesses            Engage in physical activities to improve fitness components            Practice preventive health behaviors            Choose healthy foods <b>(21.3-5.HL.5)</b></p> <p><u>Grade Four</u>            Demonstrate goal-setting skills            Develop goals to enhance health status <b>(21.3-5.HL.3)</b>            Achieve and maintain health enhancing level of physical activity            Identify personal physical strengths and weaknesses            Engage in physical activities to improve fitness components            Practice preventive health behaviors            Choose healthy foods <b>(21.3-5.HL.5)</b></p> <p><u>Grade Five</u>            Demonstrate goal-setting skills            Develop goals to enhance health status <b>(21.3-5.HL.3)</b>            Achieve and maintain health enhancing level of physical activity            Identify personal physical strengths and weaknesses            Engage in physical activities to improve fitness components            Practice preventive health behaviors            Choose healthy foods <b>(21.3-5.HL.5)</b></p>