

		Kindergarten	Grade 1	Grade 2
<p>Physical Health</p> <p>The student will demonstrate knowledge and skills to make healthy decisions that reduce health risks and enhance health of oneself and others.</p>	<p>Body Systems</p> <p>Examine the structure, function, and relationships of body systems and their relevance to personal health.</p>	<ul style="list-style-type: none"> Identify major parts of the body and how they work together to create movement. Describe the five senses and identify situations when each is used. Discuss how to protect the senses. 	<ul style="list-style-type: none"> Identify major body organs (e.g., heart, brain, lungs, stomach) and their locations. Discuss the importance of keeping organs healthy and ways to maintain healthy organs for lifelong health. 	<ul style="list-style-type: none"> Identify the major body systems (cardiovascular, skeletal, muscular system), and how these systems work together. Identify possible consequences of not caring the body systems. Explain ways to keep these systems healthy.
	<p>Nutrition</p> <p>Identify and explain healthy eating strategies for enhancing and maintaining personal health.</p>	<ul style="list-style-type: none"> Identify each food group along with foods and beverages from each group. Explain what it means to have a food allergy, identify common food allergies, and how to help people with such allergies. 	<ul style="list-style-type: none"> Identify the importance of eating a variety of foods from the five food groups. Identify “sometimes foods” that can fit into a healthy diet with balance, variety, and moderation. Explain an allergic reaction, and how get help for someone experiencing an allergic reaction. 	<ul style="list-style-type: none"> Describe why fruits and vegetables are essential components of a healthy diet and identify ways to incorporate them into daily food choices.
	<p>Physical Health</p> <p>Obtain, process, and understand basic physical activity and nutrition information needed to make health promoting decisions.</p>	<ul style="list-style-type: none"> Describe different types of physical activity. Recognize the importance of a regular bedtime and how to prepare for sleeping. 	<ul style="list-style-type: none"> Identify behaviors that promote health and wellness. 	<ul style="list-style-type: none"> Describe, practice, and demonstrate proper posture. Describe, practice, and demonstrate lifting and carrying techniques for backpacks and school supplies.
<p>Mental Health and Wellness</p> <p>The student will apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.</p>	<p>Mental Wellness/Social and Emotional Skills</p> <p>Identify and apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.</p>	<ul style="list-style-type: none"> Identify a variety of emotions, how to use words to describe them, and discuss how these feelings influence actions. Describe what it means to be a friend and how to show kindness, consideration, and concern for others. Identify strategies for making friends Describe and model personal space, identifying ways to tell someone they are entering one’s personal space. 	<ul style="list-style-type: none"> Identify appropriate ways to express feelings along with trusted adults to share these feelings. Explain and demonstrate effective active listening. Discuss and demonstrate strategies for cooperating with friends and classmates, respecting their personal space, boundaries, and belongings. 	<ul style="list-style-type: none"> Identify feelings associated with disappointment, loss, and grief. Describe the characteristics of a trusted friend and trusted adult and situations where they can help. Describe personal characteristics and identify how individuals are unique. Discuss how to show respect for the similarities and differences between individuals and how empathy, compassion, and acceptance help one understand others.

<p>Safety and Prevention</p> <p>The student will describe ways to prevent common childhood injuries and health problems.</p>	<p>Disease Prevention/Health Promotion</p> <p>Understand health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions.</p>	<ul style="list-style-type: none"> Describe how germs may cause diseases. Explain why handwashing is important and demonstrate proper hand washing technique. Describe the function of teeth, how to care for them, the professionals that help care for teeth. Demonstrate proper brushing and flossing techniques. 	<ul style="list-style-type: none"> Identify adults who keep children healthy and the importance of regular check-ups. Determine how sleep habits affect mood and academic performance. 	<ul style="list-style-type: none"> Recognize that germs cause colds and flu and define communicable. Explain why it is important to cover nose and mouth when sneezing and to wash hands.
	<p>Safety/Injury Prevention</p> <p>Identify and demonstrate safety and first aid knowledge to prevent and treat injuries.</p>	<ul style="list-style-type: none"> Describe various safety activities/rules and ways to prevent injury. Describe emergency and nonemergency situations and know how to ask for help and call 911. Identify harmful or poisonous household products and the importance of asking adults before touching any unknown substance. 	<ul style="list-style-type: none"> Explain the importance of safety rules and guidelines for various recreational activities. Practice fire safety and emergency/disaster procedures. Identify the importance of sun safety and describe the proper way to apply sunscreen. 	<ul style="list-style-type: none"> Explain the importance of assuming responsibility for personal safety and discuss ways to take such responsibility. Assess harmful substances at home with a parent/guardian.
	<p>Violence Prevention</p> <p>Understand the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety.</p>	<ul style="list-style-type: none"> Recognize the importance of classroom rules. 	<ul style="list-style-type: none"> Describe feelings that may result from hearing kind and unkind words and when experiencing problems. Describe personal space for oneself and others. Explain the importance of and demonstrate responsible behaviors to respond to and solve social problems. 	<ul style="list-style-type: none"> Explain the difference between joking, teasing, and bullying, how each many impact the recipient, and identify appropriate strategies to safely stand up to teasing and report bullying. Define conflict, describe situations when it might occur, and demonstrate nonviolent strategies to resolve conflict.
	<p>Substance Abuse Prevention</p> <p>Understand the difference between use and misuse of different substances and their impact on health.</p>	<ul style="list-style-type: none"> Explain why medicines are used. Describe how medicines can be helpful or harmful and recognize a variety of warning signs for poisonous substances. Discuss why medicines should only be taken with parent/guardian and identify adults to ask for help with unknown or harmful substances. 	<ul style="list-style-type: none"> Identify medicines that are helpful and harmful explaining the harmful effects of misusing medicines and drugs. Create safety rules for medications in the home. Explain why it is dangerous to sniff, taste, or swallow unknown substances. 	<ul style="list-style-type: none"> Explain differences between prescription and nonprescription medications and why medicines should only be taken when with an adult. Recognize that tobacco smoke and nicotine products are harmful to one's health. Identify, describe, and demonstrate refusal skills.

	<p>Community/ Environmental Health</p> <p>Describe ways in which safe and healthy school and community environments can promote personal health.</p>	<ul style="list-style-type: none"> • Discuss the importance of reusing items; identify items that can be reused and discuss how to reuse items in the classroom. 	<ul style="list-style-type: none"> • Identify materials that can be reduced, recycled, repurposed, or reused. • Explain why it is importance to dispose of trash properly, recycle, conserve water, and prevent water pollution and create strategies to enact these behaviors. 	<ul style="list-style-type: none"> • Describe how the environment influences health. • Describe ways to protect the environment and create strategies for environmental protection.
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