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|  |  | **Kindergarten** | **Grade 1** | **Grade 2** |
| **Physical Health**The student will demonstrate knowledge and skills to make healthy decisions that reduce health risks and enhance health of oneself and others. | **Body Systems**Examine the structure, function, and relationships of body systems and their relevance to personal health. | * 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.
 | * 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.
 | * 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.
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| **Nutrition**Identify and explain healthy eating strategies for enhancing and maintaining personal health. | * 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.
 | * 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.
 | * Describe why fruits and vegetables are essential components of a healthy diet

and identify ways to incorporate them into daily food choices. |
| **Physical Health**Obtain, process, and understand basic physical activity and nutrition information needed to make health promoting decisions. | * Describe different types of physical activity.
* Recognize the importance of a regular bedtime and how to prepare for sleeping.
 | * Identify behaviors that promote health and wellness.
 | * Describe, practice, and demonstrate proper posture.
* Describe, practice, and demonstrate lifting and carrying techniques for backpacks and school supplies.
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| **Mental Health and Wellness**The student will apply strategies to develop socio-emotional health, self-regulation, and healthy relationships. | **Mental Wellness/Social and Emotional Skills**Identify and apply strategies to develop socio-emotional health, self-regulation, and healthy relationships. | * 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.
 | * 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.
 | * 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.
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| **Safety and Prevention**The student will describe ways to prevent common childhood injuries and health problems. | **Disease Prevention/Health Promotion**Understand health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. | * 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.
 | * Identify adults who keep children healthy and the importance of regular check-ups.
* Determine how sleep habits affect mood and academic performance.
 | * 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.
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| **Safety/Injury Prevention**Identify and demonstrate safety and first aid knowledge to prevent and treat injuries. | * 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.
* Identity harmful or poisonous household products and the importance of asking adults before touching any unknown substance.
 | * 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.
 | * 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.
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| **Violence Prevention**Understand the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety. | * Recognize the importance of classroom rules.
 | * 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.
 | * 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.
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| **Substance Abuse Prevention**Understand the difference between use and misuse of different substances and their impact on health. | * 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.
 | * 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.
 | * 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.
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|  | **Community/****Environmental Health**Describe ways in which safe and healthy school and community environments can promote personal health. | * Discuss the importance of reusing items; identify items that can be reused and discuss how to reuse items in the classroom.
 | * 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.
 | * Describe how the environment influences health.
* Describe ways to protect the environment and create strategies for environmental protection.
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