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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. |
| **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. |
| **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. |
| **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. |
| **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. |
| **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. |