

## Catholic Identity Standards

**K.1 Catholic identity standards.** The student understands and integrates the content of what is learned into their faith and daily life. \*

- K.1A recognize that every human life is sacred because each person is created and loved by God\*
- K.1B describe ways to take part in/be responsible to the community by discerning and using our God-given gifts\*
- K.1C recognize and oppose unjust social structures and work toward justice for all\*
- K.1D see God at work in all things and as expressed in the sacraments\*
- K.1E connect scripture, tradition, and the models of Mary and the saints to guide, grow, and deepen faith\*

## Physical Health

**K.2 Physical health.** The student demonstrates knowledge and skills to make healthy decisions that reduce health risk and enhance health.

Application	Instructional Focus
<b>K.2A Body Systems</b> examine the structure, function, and relationships of body systems and their relevance to personal health	K.2A.1 identify major parts of the body and how they work together to create movement K.2A.2 describe the five senses and identify situations when each is used K.2A.3 discuss how to protect the senses
<b>K.2B Nutrition</b> identify and explain healthy eating strategies for enhancing and maintaining personal health	K.2B.1 identify each food group along with foods and beverages from each group K.2B.2 explain what it means to have a food allergy, identify common food allergies, and how to help people with such allergies
<b>K.2C Physical Health</b> obtain, process, and understand basic physical activity information needed to make health promoting decisions	K.2C.1 describe different types of physical activity K.2C.2 recognize the importance of a regular bedtime and how to prepare for sleeping

## Mental Health and Wellness

**K.3 Mental health and wellness.** The student will apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.

Application	Instructional Focus
<b>K.3A Mental Wellness/Social Emotional Skills</b> identify and apply strategies to develop socio-emotional health, self-regulation, and healthy relationships	K.3A.1 identify a variety of emotions, how to use words to describe them, and discuss how these feelings influence actions K.3A.2 describe what it means to be a friend and how to show kindness, consideration, and concern for others K.3A.3 identify strategies for making friends K.3A.4 describe and model personal space, identifying ways to tell someone they are entering one's personal space

## Safety and Prevention

**K.4 Safety and prevention.** The student describes ways to prevent common childhood injuries and health problems.

Application	Instructional Focus
<b>K.4A Disease Prevention</b> understand preventative health behaviors, and how to access and evaluate health care information to make decisions	K.4A.1 describe how germs may cause diseases K.4A.2 explain why handwashing is important and demonstrate proper hand washing technique K.4A.3 describe the function of teeth, how to care for them, the professionals that help care for teeth K.4A.4 demonstrate proper brushing and flossing techniques
<b>K.4B Safety &amp; Injury Prevention</b> identify and demonstrate safety and first aid knowledge to prevent and treat injuries	K.4B.1 describe various safety activities/rules and ways to prevent injury K.4B.2 describe emergency and nonemergency situations and know how to ask for help and call 911 K.4B.3 identify harmful or poisonous household products and the importance of asking adults before touching any unknown substance
<b>K.4C Violence Prevention</b> understand the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety	K.4C.1 recognize the importance of classroom rules
<b>K.4D Substance Abuse Prevention</b> understand the difference between use and misuse of different substances and their impact on health	K.4D.1 define medicine K.4D.2 describe how medicines can be helpful or harmful and recognize a variety of warning signs for poisonous substances K.4D.3 discuss why medicines should only be taken with parent/guardian and identify adults to ask for help with unknown or harmful substances

Environmental Health		
K.5 <b>Community and environmental health.</b> The student explains the environmental impact on health.		
Application		Instructional Focus
K.5A <b>Community Health</b> describe ways in which safe and healthy school and community environments can promote personal health	K.5A.1	describe human behaviors that contribute to air, water, soil, and noise pollution
	K.5A.2	explain how environmental health is essential to personal and community health
	K.5A.3	demonstrate ways to conserve and promote the conservation of natural resources

\*Catholic identity

adapted with permission from the Virginia Department of Education Health SOL  
Instructional resources are available at VDOE Health Smart <https://healthsmartva.org> and [VDOE :: Health Standards of Learning Resources \(virginia.gov\)](#)

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