Arizona Health

# Grades Pre-K, K, 1, 2

Adopted 2009

## Comprehension of Health Promotion and Disease Prevention Concepts

**1: Understand Relationship Between Health Behaviors and Health**

PO 1. Identify that healthy behaviors affect personal health and overall well-being

**2: Understanding Multiple Dimensions of Health**

PO 1. Recognize what the human body is and what it means to be healthy

**3: Understanding Personal Health**

PO 1. Describe ways to prevent communicable diseases

PO 2. Identify that foods are classified into food groups and that a variety of food is needed for personal health, growth, and development

PO 3. Identify that physical activity is integral to good health

**4: Understanding Prevention of Injuries and Health Problems**

PO 1. List ways to prevent common childhood injuries

**5: Understanding Use of Health Care**

PO 1. Describe why it is important to seek health care

## Analysis of Factors Affecting Health Behaviors

**1: External Influences on Personal Health**

PO 1. Identify how the family influences personal health practices and behaviors

PO 2. Recognize how culture influences health practices and behaviors

PO 3. Recognize how peers can influence healthy and unhealthy behaviors

PO 4. Identify what the school can do to support personal health practices and behaviors

PO 5. Describe how the media can influence health behaviors

PO 6. Recognize how technology can influence personal health

## Access to Health Information, Products, and Services to Enhance Health

**1: Knowledge of Sources of Help**

PO 1. Identify trusted adults and professionals who can help promote health

**Accessing Help**

PO 1. Identify ways to locate school and community health helpers

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| **Use of Interpersonal Communication Skills to Enhance Health** | **1:** | **Communication to Enhance Help** |
| | PO 1. | Demonstrate healthy ways to express needs, wants, and feelings |
| | PO 2. | Demonstrate listening skills to enhance health |
| | **2:** | **Self Protection and Dealing with Conflict** |
| | PO 1. | Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation |
| | **3:** | **Asking for Help** |
| | PO 1. | Demonstrate ways to tell a trusted adult if threatened or harmed |
| **Use of Decision-Making Skills to Enhance Health** | **1:** | **Influences on Health Decision Making** |
| | PO 1. | Identify circumstances that can help or hinder healthy decision making |
| | **2:** | **Application of Decision-Making Skills to Health** |
| | 1. | Identify situations when a health-related decision is needed |
| | PO 2. | Differentiate between situations when a health-related decision can be made individually or when assistance is needed |
| **Use of Goal-Setting Skills to Enhance Health** | **2:** | **Health-Related Goal Setting** |
| | PO 1. | Identify a short-term personal health goal and take action toward achieving the goal |
| | PO 2. | Identify who can help when assistance is needed to achieve a personal health goal |
| **Ability to Practice Health-Enhancing Behaviors** | **2:** | **Healthy Practices and Behaviors** |
| | PO 1. | Demonstrate healthy practices and behaviors to maintain or improve personal health |
| | PO 2. | Demonstrate behaviors that avoid or reduce health risks |
| **Ability to Advocate for Health** | **1:** | **Personal Advocacy** |
| | PO 1. | Make requests to promote personal health |
| | PO 2. | Encourage family and peers to make positive health choices |