

Grades K-2

Human Growth and Development 1

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- A** I can name different parts of the body and describe physical characteristics that make us unique. 1.A
- B** I can distinguish different body parts, including main organs of the body, and tell what those parts do. 1.B

Healthy Skills and Relationships 2

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- A1** I can demonstrate a respect of personal space for myself and others. 2.A1
- A2** I can recognize different emotions and respond to others as needed. 2.A2
- B1** I can demonstrate respect for peers and adults through appropriate communication. 2.B1
- B2** I can identify different emotions and illustrate how to interact with others in different settings. 2.B2

Nutrition 3

Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.

- A** I can identify and choose healthy snacks. 3.A
- B** I can identify the food groups and discuss the importance of choosing foods from each group. 3.B

Alcohol, Tobacco, and Other Drugs 4

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- A** I can discuss appropriate use of medications, including taking medicine from reliable adults and following directions. 4.A
- B** I can identify the effects of alcohol and tobacco use that make them harmful to self and others. 4.B

**Personal Health and
Safety 5**

Students will promote physical, social, and emotional health for self and others.

- A1** I can identify the role of germs in causing disease and demonstrate ways to prevent spreading them. 5.A1
- A2** I can identify safety hazards and demonstrate ways to prevent harm to self and others. 5.A2
- A3** I can identify various emotions and how they impact me. 5.A3
- B1** I can discuss the relationship between personal hygiene, wellness, and disease prevention. 5.B1
- B2** I can demonstrate safety procedures for emergencies at home or at school. 5.B2
- B3** I can recognize the relationship between my emotions and the emotions of others. 5.B3