Delaware Health and Physical Education

Health: Grades K, 1, 2

Adopted 2008

Students will understand essential health concepts in order to transfer knowledge into healthy actions for life	**Functional knowledge of health concepts impacts health behavior.** 1.1 Recognize that healthy behaviors impact personal health. 1.2 Recognize that there are multiple dimensions of health. 1.3 Describe ways to prevent communicable diseases. 1.4 Illustrate ways to prevent common childhood injuries. 1.5 Describe why it is important to seek health care.
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	**Health is influenced by multiple factors** 2.1 Describe how the family influences personal health practices 2.2 Identify how the school can support personal health practices. 2.3 Describe how the media can influence health behaviors.
Students will demonstrate the ability to access information, products and services to enhance health.	**Utilizing valid resources facilitates health** 3.1 Recognize trusted adults and professionals who can help promote health. 3.2 Describe ways to locate school and community health helpers.
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	**Effective communication protects and enhances health** 4.1 Model healthy ways to express needs, wants and feelings. 4.2 Utilize listening skills to enhance health. 4.3 Role play ways to respond when in an unwanted, threatening or dangerous situation. 4.4 Demonstrate ways to tell a trusted adult if threatened or harmed.
Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision making is a process that impacts health** 5.1 Identify situations when a health-related decision is needed. 5.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal setting enhances health outcomes** 6.1 Identify a short-term personal health goal and take action toward achieving the goal. 6.2 Identify who can help when assistance is needed to achieve a personal health goal.
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	**Practicing and adopting healthy behaviors leads to a healthy lifestyle** 7.1 Show healthy practices to maintain or improve personal health. 7.2 Share examples of health practices to avoid or reduce health risks.
Students will demonstrate the ability to advocate for personal, family and community health.	**Advocacy is critical to personal, family and community health** 8.1 Make requests to promote personal health. 8.2 Encourage peers to make positive health choices.