

# 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.

**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.
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**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.
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**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.