

# Grades K, 1, 2, 3

Adopted 2010

## Personal Wellness (Health Education)

### Enduring Knowledge - Understandings

- individuals have a responsibility to maintain a healthy lifestyle.
- changes are normal and each individual is unique in the growth and development process.
- responsibility to others enhances social interactions skills.
- media and use of technology (e.g., television, computers, MP3 Players, electronic/arcade games) can influence personal health.
- behavioral choices affect physical, mental, emotional and social well-being and can have positive or negative consequences on one's health.
- positive health habits can help prevent injuries and the spreading of diseases to self and others.

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### Skills and Concepts - Personal and Physical Health

- demonstrate awareness of the concept of responsibility to oneself and others
- identify relationships between personal health behaviors and individual well-being
- describe how the family, physical and social environments influence personal health
- recognize indicators of mental/emotional, social, and physical health during childhood
- explain why growth and development are unique to each individual
- describe how diet, exercise, and rest affect the body

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### Skills and Concepts - Social, Mental and Emotional Health

- demonstrate social interaction skills by:
  - using etiquette, politeness, sharing and other positive social interaction skills
  - working and playing collaboratively in large and small groups
  - using appropriate means to express needs, wants and feelings
  - describing characteristics needed to be a responsible friend and family member
  - practicing attentive listening skills that build and maintain healthy relationships
  - identifying the differences between verbal and nonverbal communication
  - identifying social interaction skills that enhance individual health
- explain how an individual's attitude can affect one's personal health:
  - social health: getting along with others, serving as team members
  - emotional health: expressing feelings, self-concept

- define and identify ways to manage stress (e.g., exercise, drawing/writing/talking about feelings)

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**Skills and Concepts - Family and Community Health**

- describe ways technology and media influence:
  - family
  - feelings and thoughts
  - physical, social, and emotional health

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**Skills and Concepts - Communicable, Non-Communicable and Chronic Diseases Prevention**

- identify and practice personal health habits (e.g., hand washing, care of teeth and eyes, covering coughs and sneezes, sun protection) which affect self and others in the prevention and spread of disease
- describe the reasons for regular visits to health care providers

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**Skills and Concepts - Alcohol, Tobacco and Other Drugs**

- identify the differences between the use/misuse of alcohol, tobacco and other drugs and the effects they have on the body

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**Nutrition (Health Education)****Enduring Knowledge - Understandings**

- proper nutrition is essential to growth and development.
- nutrients provide energy for daily living.
- resources are available to assist in making nutritional choices.

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**Skills and Concepts**

- explain why foods are needed by the body (growth, energy)
- identify the six nutrients
- investigate the role of the digestive system in nutrition
- describe the reasons why an individual needs to eat breakfast
- identify the food groups and the recommended number of daily servings to be eaten from each group
- apply the decision-making process in making healthful food choices

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**Safety (Health Education)****Enduring Knowledge - Understandings**

- safety practices and procedures help prevent injuries and provide a safe environment.
- community resources are available to assist in hazardous situations.

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**Skills and Concepts**

- explain and practice safety rules/procedures for crossing streets, riding in cars/buses, loading/unloading buses, and using playground equipment
- identify and explain how to help prevent injuries at home and at school (e.g., seat belts, helmets, knee pads)

- explain and demonstrate school and home safety procedures (e.g., tornado, fire, earthquake drills)
- demonstrate awareness of how to avoid danger (e.g., fires, strangers)
- identify procedures and practices for obtaining emergency assistance and information (e.g., fire department, police department, poison control, ambulance service, when to call 911)
- identify the available health and safety agencies in a community and the services they provide (e.g., health department, fire department, police, ambulance services)

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### **Psychomotor Skills (Physical Education)**

#### **Enduring Knowledge - Understandings**

- spatial awareness, motor skills and movement patterns are needed to perform a variety of physical activities.
- movement concepts, principles and strategies apply to the learning and performance of physical activities.

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#### **Skills and Concepts**

- demonstrate fundamental motor skills (e.g., locomotor, non-locomotor, object manipulation) and movement concepts (e.g., body control, space awareness)
- demonstrate fundamental motor skill aspects of performance
- utilize fundamental motor skills and movement concepts to create movement sequences
- demonstrate the contrast between slow and fast movements while traveling
- demonstrate relationships (e.g., over, under, front and back, side-by-side, leading and following) with other people and objects
- define the role personal and general space has in movement
- work in group settings without physically interfering with others
- develop basic manipulative skills (e.g., throwing, catching, kicking, striking)

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### **Lifetime Physical Wellness (Physical Education)**

#### **Enduring Knowledge - Understandings**

- physical activity provides opportunities for social interaction, challenges, and fun.
- participation in regular physical activity has physical, mental, and social benefits.
- practice is a basic component for improving sport skills.
- rules impact effective participation in physical activities.
- personal and social behavior that shows respect to self and others impacts enjoyment and safety in physical activity settings.
- regular participation in health-related, physical activity supports the goals of fitness and a healthier lifestyle throughout life.

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#### **Skills and Concepts**

- identify likes and dislikes connected with participating in sports and physical activities (e.g., enjoyment, challenge, maintaining fitness, teamwork)
- identify benefits gained from regular participation in physical activities and describe activities that will promote a physically active lifestyle
- identify the physiological and psychological changes in the body during physical activity
- participate in daily physical activity during and after school
- explain the importance of practice for improving performance in games and sports for individuals when participating in a variety of physical activities and games:
  - explain why rules are used (e.g., safety, fairness)
  - differentiate between positive and negative behaviors (e.g., waiting your turn vs. pushing in line, honesty vs. lying)
  - practice cooperation strategies with partners and small groups
- demonstrate and describe the concept of sportsmanship (e.g., rules, fair play) in regard to games and activities
- identify and explain how spectator behaviors influence the safety and enjoyment of sports and games
- explore and identify a variety of physical activities that enhance the health related fitness components