

Grades Pre-K, K, 1, 2

Adopted 2007

Health Concepts:
Students comprehend concepts related to health promotion and disease prevention to enhance health.

A1 Healthy Behaviors and Personal Health

Students recognize that healthy behaviors impact personal health.

A2 Dimensions of Health

Students recognize that there are multiple dimensions of health.

A3 Diseases/Other Health Problems

Students describe the transmission and prevention of common childhood communicable diseases.

A4 Environment and Personal Health

Students describe ways a safe and healthy school environment can promote personal health.

A6 Basic Health Concepts

Students identify basic health terms related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.

Health Information, Products and Services:
Students demonstrate the ability to access valid health information, services, and products to enhance health.

B1 Validity of Resources

Students identify trusted adults and professionals who can help promote health.

B2 Locating Health Resources

Students identify ways to locate school and community health helpers.

Health Promotion and Risk Reduction:
Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

C1 Healthy Practices and Behaviors

Students demonstrate age-appropriate healthy practices to maintain or improve personal health.

- a. Choose healthy foods.
 - b. Demonstrate personal hygiene skills, including hand-washing.
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C2 Avoiding/Reducing Health Risks

Students demonstrate behaviors to avoid or reduce personal health risks.

- a. Demonstrate a variety of safety skills for different situations.
- b. Differentiate between safe and harmful substances found at home and school.
- c. Recognize basic signs, symbols, and warning labels for health and safety.

C3 Self-Management

Students demonstrate coping strategies to use when feeling too excited, anxious, upset, angry, or out of control.

Influences on Health:
Students analyze the ability of family, peers, culture, media, technology, and other factors to enhance health.

D1 Influences on Health Practices/Behaviors

Students identify influences on personal health practices and behaviors.

- a. Identify family influences on personal health practices and behaviors.
- b. Identify what the school can do to support personal health practices and behaviors.
- c. Describe how the media can influence health behaviors.

Communication and Advocacy Skills:
Students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.

E1 Interpersonal Communication Skills

Students demonstrate healthy ways to communicate.

- a. Demonstrate healthy ways to express needs, wants, and feelings.
- b. Distinguish between verbal and nonverbal communication.
- c. Make requests to promote personal health.
- d. Demonstrate listening skills to enhance health.
- e. Demonstrate ways to respond to an unwanted, threatening, or dangerous situation including telling a trusted adult if threatened or harmed.

E2 Advocacy Skills

Students encourage peers to make positive health choices.

Decision-Making and Goal-Setting Skills:
Students demonstrate the ability to make decisions and set goals to enhance health.

F1 Decision-Making

Students identify situations where a health-related decision is needed.

- a. Differentiate between situations when health-related decisions can appropriately be made by the individual and when assistance is needed.

F2 Goal-Setting

Students identify a short-term personal health goal and take action toward achieving the goal.

Movement/Motor Skills and Knowledge:
Students demonstrate

G1 Stability and Force

the fundamental and specialized movement skills and apply principles of movement for improved performance.

Students demonstrate positions that create stability and force.

- a. Show how base of support changes during static balances.
- b. Demonstrate how body position can be adapted to pushing and pulling forces.
- c. Demonstrate how to lift objects to prevent injuries.

G2 Movement Skills

Students demonstrate a variety of locomotor skills.

- a. Demonstrate correct technique for a variety of locomotor skills.
- b. Demonstrate a locomotor skill applying changes in direction, level, and/or pathway.
- c. Demonstrate combinations of locomotor skills.

G3 Skill-Related Fitness Components

Students identify the skill-related fitness components of balance and coordination.

Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

H2 Health-Related Fitness Plan

Students identify components of health-related fitness.

H3 Fitness Activity

Students participate in physical activities to introduce the health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength.

H4 Physical Activity Benefits

Students identify the physical benefits and bodily responses related to physical activities.

Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

I1 Cooperative Skills

Students demonstrate taking turns and sharing while participating in physical activities.

I2 Responsible Behavior

Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.

I3 Safety Rules and Rules of Play

Students identify safety rules and rule of play for games/physical activities.