Nevada Health

Grade K

Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health. 1.PCE.K

Personal, Community, and Environmental Health Strand

1 Identify a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. 1.PCE.K.1

2 Define pathogens. 1.PCE.K.2

3 Identify traits that make a person or community unique. 1.PCE.K.3

4 Identify your family structure. 1.PCE.K.4

Mental and Emotional Health Strand

1 Identify different emotions. 1.ME.K.1

2 List ways a person shows emotions. 1.ME.K.2

Nutrition and Physical Activity Strand

1 Explain why the body needs food and water. 1.NP.K.1

2 Describe physical activity. 1.NP.K.2

Substance Use and Abuse Strand

1 Define medication and ways they can be helpful or harmful. 1.SUA.K.1

2 Identify alcohol, tobacco, marijuana and other drugs and ways they can be harmful. 1.SUA.K.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1 List emergency contacts and safety rules for preventing injury at home, school, and community. 1.SIC.K.1

Personal Safety Strand

1 Define personal space. 1.PS.K.1

2 Define abuse. 1.PS.K.2

3 Define safe/trusted adult. 1.PS.K.3

4 List ways to avoid becoming separated from parent, guardian, or caregiver. 1.PS.K.4

Analyze Inf an family, peers, culture,

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Strand

Identify various sources that influence health behaviors. 2.AF.K.1

media, technology, and other factors have on health behaviors. 2.AF.K	
Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health. 3.AI.K	**Strand** 1 Identify safe/trusted adults and professionals who can help promote health. 3.AI.K.1
Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks. 4.IC.K	**Strand** 1 Name healthy ways to express needs, wants, and feelings to enhance health and to avoid or reduce health risks. 4.IC.K.1 2 Define refusal skills. 4.IC.K.2
Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health. 5.DM.K	**Strand** 1 Identify healthy and unhealthy situations. 5.DM.K.1 2 Identify individuals that can aid in healthy decision making. 5.DM.K.2
Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health. 6.GS.K	**Strand** 1 Define goal. 6.GS.K.1
Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks. 7.SM.K	**Strand** 1 Identify personal health behaviors. 7.SM.K.1 2 Identify behaviors to avoid or reduce health risks. 7.SM.K.2
Advocacy 8.AV.K	**Strand** 1 List ways to encourage peers to make positive health choices. 8.AV.K.1