

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 Influences: Students will analyze the influences of family, peers, culture,

Strand

- 1 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**