North Dakota Health

Grade K

Adopted 2008

Standard 1: Growth and Development

1: Students understand the fundamental concepts of growth and development.

Human Growth and Development

1. Describe physical changes (e.g., teeth, hair, height, weight, coordination) that occur from infancy through adulthood K.1.1

Body Systems

2. Locate basic parts of the human body (e.g., heart, lungs, muscles, eyes, ears) K.1.2

Standard 2: Personal Health

2: Students understand concepts related to the promotion of health and the prevention of disease.

Personal Health

1. Identify behaviors that contribute to emotional, social, and physical health (e.g., healthy eating, physical activity, sleep, personal hygiene, avoiding second hand smoke) K.2.1
2. Identify potentially dangerous situations and ways to avoid personal harm (e.g., fire- don't play with matches, water- be with an adult, traffic- stay out of streets, medicine- take from a trusted adult, strangers- just say "No") K.2.2

Disease and Illness

3. Describe a variety of ways to prevent the spreading of illnesses (e.g., washing hands, covering mouth, using tissues) K.2.3
4. Identify the types of check-ups (e.g., dental, vision, hearing, speech, wellness checks) needed for maintaining a healthy body K.2.4

Safety and Injury Prevention

5. Describe the safety rules/procedures used in home, school, and community settings (e.g., school drills, fire and tornado drills, water safety rules, calling 911 for emergencies, classroom rules, playground rules) K.2.5

Standard 3: External Health Factors

3: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.

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External Influences on Health

1. Identify ways in which to keep the environment clean and healthy (e.g., participate in Earth Day activities, avoid littering, become aware of the Reduce/Reuse/Recycle Program) K.3.1

Standard 4: Communication Skills

4: Students demonstrate the ability to use communication skills to enhance health.

Interpersonal Communication

1. Identify healthy ways to express needs, wants, feelings, and emotions (e.g., discuss how you are a special person, listen, take turns, happy laugh, happy-cry, sad-cry) K.4.1

Conflict Resolution

2. Identify ways to seek help when feeling threatened (e.g., strangers-yell and seek help from trusted adult, bullies/cliques/gangs-seek help from a trusted adult) K.4.2

Standard 5: Decision Making and Goal Setting

5: Students demonstrate the ability to use decision making and goal setting skills to enhance health.

Goal Setting

1. Describe a short term personal health goal (e.g., nutritious choices, physical activity time per day) K.5.1

Assistance with Decisions and Goals

2. Identify when to ask for help in making health-related decisions (e.g., universal precaution procedures, bumps, bruises, falls) K.5.2

Standard 6: Consumer Health

6: Students demonstrate the ability to access, use, and evaluate health-related information, products, and services.

Access and Use of Health Information, Products, and Services

1. Identify the basic tasks of community health service providers (e.g., doctors, nurses, firefighters, police) K.6.1

Standard 7: Health Advocacy

7: Students demonstrate the ability to advocate for personal, family, and community health.

Advocating for Health

1. Identify positive health choices (e.g., eat fruits and vegetables, physical activity with friends, use medicine safely) K.7.1