Oklahoma Health

Grades Pre-K, K, 1, 2

Adopted 2016

Students will comprehend concepts related to health promotion and disease prevention to enhance health.	1. **Identify that healthy behaviors affect personal health (e.g., healthy eating, adequate sleep, physical activity, positive peer interactions).** 1.2.1 2. **Recognize that there are multiple dimensions of health (e.g., physical, emotional, social, environmental).** 1.2.2 3. **Describe ways to prevent communicable diseases.** 1.2.3 4. **List ways to prevent common childhood injuries.** 1.2.4 5. **Describe why it is important to seek health care.** 1.2.5
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	1. **Identify how the family influences personal health practices and behaviors.** 2.2.1 2. **Identify what the school can do to support personal health practices and behaviors.** 2.2.2 3. **Describe how the media can influence health behaviors.** 2.2.3
Students will demonstrate the ability to access valid information, products and services to enhance health.	1. **Identify trusted adults and professionals who can help promote health.** 3.2.1 2. **Identify ways to locate school and community health helpers.** 3.2.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. **Demonstrate healthy ways to express needs, wants and feelings.** 4.2.1 2. **Demonstrate listening skills to enhance health.** 4.2.2 3. **Demonstrate ways to respond when in an unwanted, threatening or dangerous situation.** 4.2.3 4. **Demonstrate ways to tell a trusted adult when in an unwanted, threatening or dangerous situation.** 4.2.4
Stu de	**Identify situations when a health-related decision is needed (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).** 5.2.1

Skip to main content

to use decision-making skills to enhance health.	2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed. 5.2.2
Students will demonstrate the ability to use goal-setting skills to enhance health.	1. Identify a short-term personal health goal and take action toward achieving the goal. 6.2.1 2. Identify who can help when assistance is needed to achieve a personal health goal. 6.2.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.2.1 2. Demonstrate behaviors that avoid or reduce health risks. 7.2.2
Students will demonstrate the ability to advocate for personal, family and community health.	1. Make requests to promote personal health (e.g., requesting healthy foods and drinks, avoiding second hand smoke, use of personal safety equipment, proper hygiene). 8.2.1 2. Encourage peers to make positive health choices. 8.2.2