Washington Health and Physical Education

Health: Grade K

Adopted 2016

Wellness

1. Dimensions of Health

K. Recognize meaning of healthy and unhealthy. H1.W1.K

2. Hygiene

a. Recognize basic hygiene practices. H1.W2.K.A

b. Understand which elements of hygiene are essential to good health. H1.W2.K.B

3. Disease Prevention

a. Understand germs can cause diseases. H1.W3.K.A

b. Identify ways germs are transmitted. H1.W3.K.B

c. Describe symptoms that occur when a person is sick. H1.W3.K.C

4. Analyzing Influences

K. Identify how family influences health practices and behaviors. H2.W4.K

5. Access Valid Information

K. Identify trusted adults and professionals who can help promote health. H3.W5.K

6. Communication

K. Demonstrate healthy ways to express needs, wants, and feelings. H4.W6.K

7. Decision-Making

K. Identify situations when a health-related decision is needed. H5.W7.K

8. Goal-Setting

K. Identify a personal health goal. H6.W8.K

Safety

1. Injury Prevention

a. Identify safety hazards in the home. H1.SA1.K.A

b. Recognize bicycle, pedestrian, and transportation safety rules. H1.SA1.K.B

c. Identify fire, water, and sun safety rules. H1.SA1.K.C

d. Explain potential dangers of weapons. H1.SA1.K.D

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2. **First Aid**
   a. Understand differences between emergency and nonemergency situations. H1.SA2.K.A
   b. Identify people to ask for help in an at school. H1.SA2.K.B
   c. Identify how to call 911 in emergency situations. H1.SA2.K.C

3. **Violence Prevention**
   K. Understand definition of violence and abuse. H1.SA3.K

Nutrition

1. **Food Groups and Nutrients**
   a. Recognize food groups. H1.N1.K.A
   b. Identify healthy and unhealthy foods. H1.N1.K.B
   c. Recognize importance of eating breakfast. H1.N1.K.C

2. **Beverages**
   a. Identify daily recommended water intake. H1.N2.K.A
   b. Identify healthy and unhealthy beverages. H1.N2.K.B

4. **Caloric Intake and Expenditure**
   K. Describe body signals that tell a person when they are hungry and when they are full. H1.N4.K

5. **Disease Prevention**
   K. Understand that food choices affect health. H1.N5.K

6. **Nutritional Planning**
   K. Identify influences on food and beverage choices and eating behaviors. H2.N6.K

Sexual Health

1. **Anatomy and Physiology**
   K. Understand boys and girls have some body parts that are the same and some that are different. H1.SE1.K

2. **Growth and Development**
   K. Understand living things grow and mature. H1.SE2.K

5. **Self-Identity**
   K. Understand there are many ways to express gender. H1.SE5.K

6. **Healthy Relationships**
   a. Recognize characteristics of a friend. H1.SE6.K.A
   b. Recognize ways to express feelings. H1.SE6.K.B

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c. Identify safe and unwanted touch. H1.SE6.K.C

d. Recognize people have the right to refuse giving or receiving unwanted touch. H1.SE6.K.D

Social Emotional Health

1. Self-Esteem

K. Understand positive self-talk. H1.SO1.K

3. Stress Management

K. Identify characteristics of stress. H1.SO3.K

4. Expressing Emotions

a. Identify different kinds of emotions. H1.SO4.K.A

b. Identify appropriate ways to express and manage emotions. H1.SO4.K.B

5. Harassment, Intimidation, and Bullying

K. Recognize bullying and teasing. H1.SO5.K

K. Recognize ways to respond appropriately to bullying and teasing. H4.SO5.K

Substance Use and Abuse

1. Use and Abuse

a. Understand how medicines are used correctly. H1.SU1.K.A

b. Recognize differences between medicines and harmful drugs. H1.SU1.K.B

c. Identify trusted adults at home and school who administer prescriptions and over-the-counter medicines. H3.SU1.K.C

3. Prevention

K. Understand importance of using medicines only with supervision of a trusted adult. H1.SU3.K