

Kindergarten

Big Idea: How children learn to become healthy productive citizens.

Essential Questions:

- How do I keep my body strong and healthy?
- How do I keep my body clean and safe?
- How do I get along with others?

Objectives:

Standard: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Identify that healthy behaviors affect personal health.
- Describe ways to prevent communicable diseases.
- List ways to prevent common childhood injuries.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Identify trusted adults and professionals who can help promote health.
- Identify ways to locate school and community health helpers.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate healthy ways to express needs, wants and feelings.
- Demonstrate listening skills to enhance health.
- Demonstrate ways to respond when in an unwanted, threatening or dangerous situation.
- Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard: Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify health-related situations that might require a thoughtful decision.
- Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Demonstrate healthy practices and behaviors to maintain or improve personal health.
- Demonstrate behaviors that avoid or reduce health risks.

Standard: Students will demonstrate the ability to advocate for personal family and community health.

- Encourage peers to make positive health choices.

First Grade

Big Idea: How children learn to be healthy productive citizens.

Essential Questions:

- How do I keep my body healthy and strong?
- How do I keep my body clean and safe?
- How do I get along with others?

Objectives:

Standard: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Identify that healthy behaviors affect personal health.
- Recognize that there are multiple dimensions of health.
- Describe ways to prevent communicable diseases.
- List ways to prevent common childhood injuries.

Standard: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Identify what the school can do to support personal health practices and behaviors.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Identify trusted adults and professionals who can help promote health.
- Identify ways to locate school and community health helpers.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate healthy ways to express needs, wants and feelings.
- Demonstrate listening skills to enhance health.
- Demonstrate ways to respond when in an unwanted, threatening or dangerous situation.
- Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard: Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify health-related situations that might require a thoughtful decision.
- Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard: Students will demonstrate the ability to use goal-setting skills to enhance health.

- Identify who can help when assistance is needed to achieve a personal health goal.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Demonstrate healthy practices and behaviors to maintain or improve personal health.
- Demonstrate behaviors that avoid or reduce health risks.

Second Grade

Big Idea: How children learn to become healthy productive citizens.

Essential Questions:

- How do I keep my body strong and healthy?
- How do I keep my body clean and safe?
- How do I get along with others?

Objectives:

Standard: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Identify that healthy behaviors affect personal health.
- Recognize that there are multiple dimensions of health.
- Describe ways to prevent communicable diseases.
- List ways to prevent common childhood injuries.

Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Identify trusted adults and professionals who can help promote health.
- Identify ways to locate school and community health helpers.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate healthy ways to express needs, wants and feelings.
- Demonstrate listening skills to enhance health.
- Demonstrate ways to respond when in an unwanted, threatening or dangerous situation.
- Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard: Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify health-related situations that might require a thoughtful decision.

- Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard: Students will demonstrate the ability to use goal-setting skills to enhance health.

- Identify a short-term personal health goal and take action toward achieving the goal.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Demonstrate healthy practices and behaviors to maintain or improve personal health.
- Demonstrate behaviors that avoid or reduce health risks.

Standard: Students will demonstrate the ability to advocate for personal family and community health.

- Make requests to promote personal health.
- Encourage peers to make positive health choices.