

Grades K-2

Human Growth and Development 1

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- A I can name different parts of the body and describe physical characteristics that make us unique. 1.A
 - B I can distinguish different body parts, including main organs of the body, and tell what those parts do. 1.B
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Healthy Skills and Relationships 2

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- A1 I can demonstrate a respect of personal space for myself and others. 2.A1
 - A2 I can recognize different emotions and respond to others as needed. 2.A2
 - B1 I can demonstrate respect for peers and adults through appropriate communication. 2.B1
 - B2 I can identify different emotions and illustrate how to interact with others in different settings. 2.B2
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Nutrition 3

Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.

- A I can identify and choose healthy snacks. 3.A
 - B I can identify the food groups and discuss the importance of choosing foods from each group. 3.B
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Alcohol, Tobacco, and Other Drugs 4

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- A I can discuss appropriate use of medications, including taking medicine from reliable adults and following directions. 4.A
 - B I can identify the effects of alcohol and tobacco use that make them harmful to self and others. 4.B
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Personal Health and Safety 5

Students will promote physical, social, and emotional health for self and others.

- A1** I can identify the role of germs in causing disease and demonstrate ways to prevent spreading them. **5.A1**
- A2** I can identify safety hazards and demonstrate ways to prevent harm to self and others. **5.A2**
- A3** I can identify various emotions and how they impact me. **5.A3**
- B1** I can discuss the relationship between personal hygiene, wellness, and disease prevention. **5.B1**
- B2** I can demonstrate safety procedures for emergencies at home or at school. **5.B2**
- B3** I can recognize the relationship between my emotions and the emotions of others. **5.B3**