

Grades K-2

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

Community Health

- 1 Community helpers (police, firefighters, nurses, sanitation, doctors, EMT, etc.) 2.1
 - 2 Local community needs/issues/events 2.2
 - 3 Healthy Communities (home, neighborhoods, school, etc.) 2.3
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Consumer Health

- 1 Reliable health-care products, safety professionals, and services 2.1
 - 2 Safety rules for using medicines and health-care products 2.2
 - 3 Interpersonal and intrapersonal influences on health choices 2.3
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Environmental Health

- 1 Healthy and clean communities 2.1
 - 2 Reduce, reuse, recycle, and alternatives 2.2
 - 3 Types of pollution 2.3
 - 4 Environmental health hazards (air, soil, sun, water, noise, food, chemicals, etc.) 2.4
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Human Sexuality and Relationships

- 1 Stages of growth and development 2.1
- 2 Body parts and their functions 2.2
- 3 Five senses 2.3
- 4 Similarities and differences as individuals and families 2.4
- 5 Adapting to changes within families 2.5
- 6 Responsibilities/roles of family members 2.6

Injury Prevention and Safety

- 1 Safety rules and laws (ex. - seat belts, helmets, crossing the street, sunscreen, fire safety, etc.) 2.1
- 2 Emergency and non-emergency situations 2.2
- 3 Refusal skills and decision making, to reduce accidents and injuries 2.3
- 4 Responding to unwanted, threatening, or dangerous situations 2.4
- 5 Strategies to report verbal, mental and physical harm 2.5
- 6 Conflict resolution steps 2.6
- 7 Dangers of poisons 2.7

Mental and Emotional Health

- 1 Healthy ways to communicate needs, wants, and feelings 2.1
- 2 Communicating care, consideration, and respect 2.2
- 3 Development of coping skills 2.3
- 4 Positive body images and self-esteem 2.4
- 5 Bullying/harassment prevention 2.5

Nutrition

- 1 Digestion 2.1
- 2 Role of food and nutrients in providing energy 2.2
- 3 Balanced diet 2.3
- 4 Impact of food choices 2.4
- 5 Food groups 2.5
- 6 Daily requirements for water 2.6
- 7 Safe food-handling practices 2.7
- 8 Relationship between exercise and nutrition 2.8

Personal Health

- 1 Functions of major body organs 2.1
- 2 Maintaining clean skin, hair, teeth and clothes 2.2
- 3 Heart-healthy activities and the benefits of exercise 2.3
- 4 Importance of personal health and to seek health care 2.4
- 5 Healthy and unhealthy behaviors impact personal health and self-worth 2.5

Prevention & Control of Disease

- 1 Health plan for germ protection for disease prevention 2.1
- 2 Common childhood illnesses and symptoms 2.2
- 3 Communicable and non-communicable illnesses 2.
- 4 Roles of the body and medicines in preventing germs 2.
- 5 Relationship between nutrition, exercise and disease prevention 2.
- 6 Types of germs and transmissions 2.6
- 7 Purpose of immunizations 2.7
- 8 Importance of routine check-ups 2.8

Substance Use and Abuse & Addiction

- 1 Drug types and dangers of each (alcohol, tobacco, other illegal drugs) 2.1
- 2 Helpful and harmful drugs 2.2
- 3 Appropriate use of medicine 2.3
- 4 Safe choices with medicines and drugs 2.4
- 5 Effects of medicines and drugs 2.5
- 6 Refusal skills 2.6